



Patient Safety Plan

Step 1: Warning signs (thoughts, images, mood, situation, behavior) that a crisis may be developing

1. _____
2. _____
3. _____

Step 2: Internal coping strategies – Things I can do to take my mind off my problems without contacting another person (relaxation technique, physical activity):

1. _____
2. _____
3. _____

Step 3: People and social settings that provide distraction:

1. _____
2. _____
3. _____

Step 4: People whom I can ask for help:

1. _____
2. _____
3. _____

Step 5: Professionals or agencies I can contact during a crisis:

1. Prisma Behavioral Health 803-296-8765
2. Three Rivers Behavioral Health 803-796-9911
3. Call 911 or be transported to the nearest emergency department
4. **Suicide Prevention Lifeline Phone: 1-800-273-TALK (8255)**

Step 6: Making the environment safe:

1. _____
2. _____

The one thing that is most important to me and worth living for is: _____

_____ *actively participated in the creation of this care plan and verbalized understanding and agreement*
(Name)

Signature

Date