



Patient Safety Plan

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

1. _____
2. _____
3. _____

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. _____

People and social settings that provide distraction:

1. Name _____ Phone _____
2. Name _____ Phone _____
3. Place _____
4. Place _____

People whom I can ask for help:

1. Name _____ Phone _____
2. Name _____ Phone _____
3. Name _____ Phone _____

Agencies I can contact during a crisis:

1. Local Urgent Care Services Phone _____
2. Suicide Prevention Lifeline Phone: Call, Text or Chat **988**

Making the environment safe:

1. _____
2. _____

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