



If a patient with safety concerns is not going to be hospitalized, then it is especially important to develop a good safety plan. Consider using national resources such as the safety plan below adapted from The National Suicide Prevention Lifeline: <http://www.suicidepreventionlifeline.org/>

Step 1: What to watch for that that a crisis may be developing: (thoughts, images, mood, situation, behavior)

1. _____
2. _____
3. _____

Step 2: Coping strategies – What I can do by myself do to take my mind off my problems (relaxation technique, physical activity):

1. _____
2. _____
3. _____

Step 3: Places and community (friend, family, neighbor, a coffee shop, a movie theater, a store) that provide distraction:

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

Step 4: Who can I ask for help:

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

Step 5: Providers and resources I can contact during a crisis:

1. Clinician Name _____ Phone _____ Clinician Pager or Emergency Contact # _____
2. Clinician Name _____ Phone _____ Clinician Pager or Emergency Contact # _____
3. Local Urgent Care Services _____
Urgent Care Services Address _____
Urgent Care Services Phone _____
4. Suicide Prevention Lifeline Phone: 1-800-273-TALK (8255)

Step 6: How I can make my environment safe:

1. _____
2. _____

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

Adapted from Safety Plan Template ©2008 Barbara Stanley and Gregory K. Brown

