



# SAFETY PLANS WORK

1

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

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

2

**Things I can do to take my mind off my problems without contacting another person (my internal coping strategies):**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

3

**Who/What are the people or places that provide distraction?**

Name \_\_\_\_\_ Phone \_\_\_\_\_  
Name \_\_\_\_\_ Phone \_\_\_\_\_  
Place \_\_\_\_\_ Place \_\_\_\_\_

4

**Who can I ask for help? (write name/phone number)**

1. Name \_\_\_\_\_ Phone \_\_\_\_\_
2. Name \_\_\_\_\_ Phone \_\_\_\_\_
3. Name \_\_\_\_\_ Phone \_\_\_\_\_

5

**Professionals or agencies I can contact during a crisis:**

1. Name \_\_\_\_\_ Phone \_\_\_\_\_
2. Name \_\_\_\_\_ Phone \_\_\_\_\_
3. Urgent Care \_\_\_\_\_ Phone \_\_\_\_\_
4. Emergency Room \_\_\_\_\_
5. Call 988 or Copeline 440.285.5665

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**A plan to make my environment safer:**

1. \_\_\_\_\_
2. \_\_\_\_\_



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

\_\_\_\_\_