**SAMPLE 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. Name_________________________________ Phone____________________
2. Name_________________________________ Phone____________________
3. Place________________________ 4. Place __________________________

**Step 4: People whom I can ask for help:**

1. Name_________________________________ Phone____________________
2. Name_________________________________ Phone____________________
3. Name_________________________________ Phone____________________

**Step 5: Professionals or agencies 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: Making the environment safe:**

1. _______________________________________________________________
2. _______________________________________________________________

_Safety Plan Treatment Manual to Reduce Suicide Risk: Veteran Version (Stanley & Brown, 2008)._

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

________________________________________