**Safety Plan**

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