

Safety Plan

Patient Name: _____ Date: _____

Address: _____

City: _____ State: _____ Zip: _____

Telephone: _____ Date of Birth: _____

Emergency Contact 1 (Primary person to call in case of an emergency):

Name: _____ Telephone: _____

Relationship to you: _____

Emergency Contact 2 (Secondary person to call in case of an emergency):

Name: _____ Telephone: _____

Relationship to you: _____

Primary Care Physician: _____

Address: _____

City: _____ State: _____ Zip: _____

Telephone: _____ Extension: _____

☐ Release of Information signed and on file?

☐ Department of Social Services Involvement?

Name of Caseworker: _____

Telephone: _____ Extension: _____

☐ Department of Probation/Parole Involvement?

Name of P.O.: _____

Telephone: _____ Extension: _____

☐ History of Suicide Ideation ☐ History of Suicide Attempt

☐ Suicidal w/Plan

☐ History of Homicide Ideation ☐ History of Homicide Attempt

☐ Homicidal w/Plan

☐ Domestic Violence Victim ☐ Domestic Violence Perpetrator

☐ Domestic Violence Witness

Safety Plan

Some signs that I am not in a crisis include:

Some early signs that I am in a crisis:

I am in full crisis when:

Some things that I have done for myself that have helped me in the past when I have been in crisis:

Some things that others have done for me that have helped me in the past when I have been in crisis:

How others can help me when I am in crisis:

Some things that are not helpful when I am in crisis:

Safety Plan

When I am clearly in crisis, I want the following people to make decisions for me:

I do not want the following people involved in any way in my care or treatment:

What I want my supporters to do if I'm a danger to myself or others:

Things I need others to do for me and who I want to do it:

Things I can do for myself:

Signs that the crisis is over, and my supporters no longer need to use this plan:

Name (Print): _____

Signature: _____ Date: _____

Therapist: _____ Date: _____

Safety Plan

Ideas to help spark your thinking when filling out your Plan

Some signs that I am not in a crisis include:

- ☐ I can laugh at myself; find my sense of humor
- ☐ I feel that life is good; I am grateful
- ☐ I have confidence in myself; I'm not ashamed or afraid
- ☐ I can balance both positive and negative aspects of life
- ☐ I can think things through and am in control of my actions, thoughts, feelings
- ☐ I make time to see friends; I feel sociable, safe, secure.
- ☐ I participate in meaningful activities or work; I feel connected to society
- ☐ I don't feel nervous or anxious; I'm curious, interested, not bored

Some early signs that I am in a crisis:

- ☐ changes in sleep habits: fatigue, insomnia; wanting to sleep all the time
- ☐ changes in eating; stop eating or eat compulsively
- ☐ I start believing that people are against me, but know that my thinking is off
- ☐ I am bothered by thoughts I can't get rid of
- ☐ I think about getting back into addictive behavior
- ☐ I get confused or have increased difficulty with memory
- ☐ I'm more irritable or angry; I disagree with people a lot
- ☐ I stop answering the phone or knocks on the door; I don't open my mail

Some things that I have done for myself that have helped me in the past when I have been in crisis:

- ☐ watch TV or a video; go to a movie; listen to music
- ☐ exercise; take a walk; clean a room
- ☐ journal; write a letter; do my hobby
- ☐ let someone know that I am having symptoms and what they are
- ☐ use my mindfulness skills
- ☐ safely release my anger or frustration
- ☐ use alternatives to harming myself
- ☐ call somebody who understands; call a peer support person

Some things that others have done for me that have helped me in the past when I have been in crisis:

- ☐ listen to my story long enough to really hear what I'm saying
- ☐ talk to me; encourage and reassure me; show me my successes
- ☐ remind me of my goals, my interests, my connections
- ☐ tell me that you want to help; ask me what I want from you
- ☐ accept and respect me; understand that I am doing the best I can
- ☐ treat me the same as when I am not having problems; take me seriously
- ☐ help me communicate my needs to professionals
- ☐ problem solve with me on concrete things I can do to take care of myself

Some things that are not helpful when I am in crisis:

- ☐ keeping me waiting
- ☐ dismissing, forgetting, or ignoring what I tell you
- ☐ not listening to me; making assumptions about what I need
- ☐ telling me what to do or what not to do; nagging me; lecturing me
- ☐ judging me, or criticizing me, or labeling me
- ☐ taking my choices away
- ☐ overwhelming me or pushing me to do things I'm not ready for
- ☐ patronizing or talking down to me