My safety plan

Name: _____ Date made: _____ Last updated: _____

1 My warning signs

The thoughts, feelings, situations, or changes in sleep and behavior that tell me a crisis may be building. Examples: not answering texts, staying in bed past noon, thinking “everyone would be better off.”

2 Things I can do on my own to get through the next hour

Small, doable things that have helped before. Examples: a cold shower, a walk around the block, a specific playlist, slow breathing, writing it out.

3 People and places that get me out of my own head

Somewhere to be around others, or someone to be with, without having to explain anything. Examples: a coffee shop, the gym, a neighbor, a meeting, a friend’s couch.

4 People I can tell what is really going on

People I trust to hear “I’m not okay” and help. Write their numbers here so I do not have to search for them.

Name / phone

Name / phone

Name / phone

5 Professionals and crisis lines

My therapist, psychiatrist, or doctor, plus after-hours numbers. Ask each office what to do if you need them outside business hours.

Clinician / phone

Clinician / phone

Emergency: **911** · Suicide & Crisis Lifeline: call or text **988** (veterans press 1) · Crisis Text Line: text **HOME** to **741741** · Nearest emergency room: _____

6 Making my space safer

What I will put distance between myself and when things get bad, and who will help. Examples: someone else holds my medications, I keep only a few days’ supply, anything dangerous is stored away from home or locked by someone else.

7 What I am holding on for

People, pets, plans, beliefs, or small things worth staying for. Write at least one, even if it feels small today.

If I am in immediate danger, or I have hurt myself or taken something to hurt myself, I call 911, even if I feel fine. If my plan is not enough, I call or text 988. · A generic worksheet from mhrecovery.ai, not the Stanley-Brown Safety Plan form.