

Name: _____

Date of Birth: _____

My Safety Plan

Warning signs (including thoughts, images, mood, situations, or behaviors) that a crisis may be developing:

1. _____
2. _____
3. _____

Internal coping strategies, or things I can do by myself to take my mind off my problems (e.g. relaxation techniques, physical activity, individual distraction, mindfulness):

1. _____
2. _____
3. _____

People and social settings that provide distraction:

1. Name _____ Phone _____
2. Name _____ Phone _____
3. Place _____
4. Place _____

Adults whom I can ask for help:

1. Name _____ Phone _____
2. Name _____ Phone _____
3. Name _____ Phone _____

Professionals or agencies I can contact during a crisis:

1. Clinician Name _____ Phone _____
2. Clinician Name _____ Phone _____
3. Suicide and **Crisis Lifeline**: Call or Text **988**
4. Crisis **Text** Line: Text **"4HOPE"** to **741-741**
5. Emergency Services: **Call 911** or go to the nearest emergency room

Making the environment safe:

1. _____
2. _____
3. _____

Things I am looking forward to or goals for the future:

1. _____
2. _____
3. _____

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Local **Mobile Crisis** Hotlines:

Cuyahoga County - 216-623-6888	Lake County - 440-953-8255
Ashtabula County - 800-577-7849	Geauga County - 440-285-5665
Portage County - 330-678-4357	Trumbull County - 330-392-1000
Wayne County - 330-264-9029	Medina County - 330-725-9195
Erie County - 800-826-1306	Stark County - 330-452-6000
Lorain County - 800-888-6161	Summit County – 330-434-9144

Examples for Patients and Providers

Examples of warning signs may include depressed mood, feeling overwhelmed, experiencing rejection by peers, having an argument with a family member, isolating, or seeing disturbing or scary images.

Examples of internal coping strategies may include coloring, listening to music, going for a walk, watching a funny movie, practicing deep breathing, working out, or petting your cat or dog.

Examples of social settings that can provide a distraction may include a local coffee shop, a nearby restaurant, the mall, the library, or the gym. **People** that can provide a distraction can include friends or siblings.

Adults can include parents, grandparents, adult siblings, teachers, coaches, and friends' parents.

Professionals can include your therapist, your psychiatrist, your primary care provider or pediatrician.

Strategies to make the home environment safe include locking up all sharps, weapons, medications (including over-the-counter), and ligatures; increased supervision; and keeping bedroom and bathroom door open and unlocked.

Things to look forward to could include an upcoming party, a holiday, a birthday, vacation, or break from school. **Goals for the future** could include going to college, becoming a veterinarian, visiting Europe, or having a family.