

SAFETY PLAN TEMPLATE

STEP 1: WARNING SIGNS:

- _____
- _____
- _____

STEP 2: INTERNAL COPING STRATEGIES – THINGS I CAN DO TO TAKE MY MIND OFF MY PROBLEMS WITHOUT CONTACTING ANOTHER PERSON:

- _____
- _____
- _____

STEP 3: PEOPLE AND SOCIAL SETTINGS THAT PROVIDE DISTRACTION:

- | | |
|-----------------|-----------------|
| 1. Name: _____ | Contact: _____ |
| 2. Name: _____ | Contact: _____ |
| 3. Place: _____ | 4. Place: _____ |

STEP 4: PEOPLE WHOM I CAN ASK FOR HELP DURING A CRISIS:

- | | |
|----------------|----------------|
| 1. Name: _____ | Contact: _____ |
| 2. Name: _____ | Contact: _____ |
| 3. Name: _____ | Contact: _____ |

STEP 5: PROFESSIONALS OR AGENCIES I CAN CONTACT DURING A CRISIS:

- | | |
|--|--------------|
| 1. Clinician/Agency Name: _____ | Phone: _____ |
| Emergency Contact : _____ | |
| 2. Clinician/Agency Name: _____ | Phone: _____ |
| Emergency Contact : _____ | |
| 3. Local Emergency Department: _____ | |
| Emergency Department Address: _____ | |
| Emergency Department Phone : _____ | |
| 4. Suicide Prevention Lifeline Phone: 988 | |

STEP 6: MAKING THE ENVIRONMENT SAFER (PLAN FOR LETHAL MEANS SAFETY):

- _____
- _____

This form is formatted from the Safety Plan Template developed by Barbara Stanley and Gregory K. Brown - [Safety Plan Template](#).

You can find the original form here: <https://suicidesafetyplan.com/forms/>

For more information about the Construction Suicide Prevention Partnership visit

www.suicide-stops-here.org