

My Safety Plan

Step 1: Warning signs (thoughts, mood, situation, behaviour) 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 (relaxation, activity)

1.
2.
3.

Step 3: People and social settings that provide a distraction

Name	<input type="text"/>	Phone	<input type="text"/>
Name	<input type="text"/>	Phone	<input type="text"/>

Step 4: People who I can ask for help

Name	<input type="text"/>	Phone	<input type="text"/>
Name	<input type="text"/>	Phone	<input type="text"/>

Step 5: Professionals or services I can contact during a crisis

Name	<input type="text"/>	Phone	<input type="text"/>
Emergency Contact	<input type="text"/>		
Crisis Service Phone	<input type="text"/>		
Crisis Service Address	<input type="text"/>		

Step 6: Making the environment safe

1.
2.
3.