



Crisis Safety Plan

What are some warning signs that can determine I may be in a crisis?

1. _____
2. _____
3. _____

What are some coping strategies that I can use to prevent a crisis?

1. _____
2. _____
3. _____

What are the items I need to remove in my environment to prevent myself from harm?

1. _____
2. _____
3. _____
4. _____

Who are the people whom I can ask for help?

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

Who are the professional mental health clinicians and agencies I can contact during a crisis:

1. Agency/Clinician: _____ Phone: _____
2. Agency/Clinician: _____ Phone: _____

The one thing that is most important to me and worth living for is:

National Suicide Prevention Line: 1-800-TALK (8255)

Suicide and Crisis Hotline: 988

Suicide Crisis Text Line: 741741 (Text)