

_____ 's Safety plan

Keep this document on a safe place where you have access to it when needed.

Triggers And Warning Signs

When this happens, my emotions are triggered:

1) Situation: _____ Emotion I feel: _____

What I usually do: _____

2) Situation: _____ Emotion I feel: _____

What I usually do: _____

3) Situation: _____ Emotion I feel: _____

What I usually do: _____

4) Situation: _____ Emotion I feel: _____

What I usually do: _____

Distractions/Coping

Here are other options when I feel the triggers mentioned above or other difficult emotions:

- Take a deep breath
- Go for a walk
- _____
- _____
- Watch TV/Netflix
- _____
- _____
- _____

Connecting with others

These are some of the friends/family members that I can call:

_____, phone: _____

_____, phone: _____

_____, phone: _____

Suicide Hotline: 1-800-273-8255

If I am feeling that this is an emergency I can always call 911

My therapist: _____, phone: _____

Others: _____, phone: _____

Others: _____, phone: _____

Safety Measures

In order to keep myself and others safe I can:

- Give my medication to someone else to manage it for me (example)
- Get rid of guns, razors, knives or anything that I may use to harm myself (example)
- Don't drive when I am feeling any of my triggers (example)
- _____
- _____