

—SIMPLE SAFETY PLAN—

Psalm 139:13-16—For you formed my inward parts; you knitted me together in my mother's womb. I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well. My frame was not hidden from you, when I was being made in secret, intricately woven in the depths of the earth. Your eyes saw my unformed substance; in your book were written, every one of them, the days that were formed for me, when as yet there was none of them.

In the midst of a crisis, we don't always think straight. Having a plan in place can help us to ensure our personal safety and the safety of others.

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

Step 1: Warning signs (thoughts, images, mood, situation, behavior) that a crisis may be developing:

Step 2: Internal coping strategies – Things I can do to take my mind off my problems without contacting another person (relaxation technique, physical activity):

Step 3: People and social settings that provide distraction:

1. Name _____ Phone _____

2. Name _____ Phone _____

3. Place(s) _____

Step 4: People whom I can ask for help:

1. Name _____ Phone _____

2. Name _____ Phone _____

3. Name _____ Phone _____

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

1. Clinician Name _____ Phone _____

2. Local Urgent Care Services _____

3. Suicide Prevention Lifeline Phone: 1-800-273-TALK (8255)

Step 6: Making the environment safe: (What can you remove to ensure your safety)

1. _____

2. _____