

Safety Plan

A safety plan is emergency procedures for when you are having really strong feelings. It is to help you stay safe both physically and emotionally. For the safety plan to work, **YOU** make a promise to yourself to use it.

Warning Signs:

1. _____
2. _____
3. _____

When I am having really strong feelings I will do the following things:

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

Try each of these things for at least 15 minutes. If at the end of these 5 things you still feel like your feelings are out of your control, you can go back to #1 and repeat....

I agree to:

Make significant contact with my support person(s) _____

Call or text the mental health crisis hotline: 988

Text HOME to 741741 to connect to a crisis counselor

I agree to do the following to make my environment safe:

1. _____
2. _____

This safety plan is for **YOU**. We are here to support you and will help in any way that we can.

Client's signature

Date

Witness

Date

These are suggestions to use on the safety plan. Please feel free to add your own here for clients to choose from:

Write down feelings

Dance

Eat – drink some water

Talk to someone - staff

Read

Draw

Walk away

Take deep breaths – focus on breathing

Finger touches

Take a nap

Take a shower

Clean room

Play games

Exercise

Go outside to the courtyard

Fidget with something

Rip paper into tiny pieces

Scribble on paper

Make phone calls

Call a Hotline

Sing

Imagine something silly

Use your comfort item

Think your abc's backwards

Add 7s in your head

Think of an animal for each letter of the alphabet

List the states, list the capitals

Check yourself – be aware of your body and what it is telling you