



Personal Safety Plan

Student:

Step 1: Warning Signs That A Crisis May be Developing
(thoughts, images, moods, situations, behaviors)

- 1.
- 2.
- 3.

Step 2: Internal Coping Strategies-
Things I Can Do To Take My Mind Off My Problems Without Contacting Another Person
(activities, hobbies, relaxation techniques, physical activity)

- 1.
- 2.
- 3.

Step 3: People and Social Settings That Provide Distraction

1. Name: Phone #:
2. Name: Phone #:
3. Place:
4. Place:

Step 4: People Whom I Can Ask for Help During a Crisis

1. Name: Phone #:
2. Name: Phone #:
3. Name: Phone #:

Step 5: Professionals or Agencies I Can Contact During a Crisis

1. Clinician/Agency Name: Phone #:
2. Local Emergency Department/Crisis Care Stabilization:
Phone #:
3. National Suicide Prevention Lifeline:
4. Call 911 if you need immediate help in order to remain safe.

Step 6: Making the Environment Safer (Plan for Lethal Means Safety)

- 1.
- 2.

The 1 thing that is most important to me and worth living for is: