

My Safety Plan

Name: _____

Things that can cause me to feel distressed

Warning signs of increasing distress

(Feelings, Thoughts, Behaviors, Physical sensations that put me at risk)

Coping Skills

Healthy things I can do to make things better and stay SAFE

What keeps me from using coping skills?

When that happens, what can I do to use coping skills?

People and healthy social settings that provide distractions

People (Phone numbers) I can call for help

What gives me hope:

I value my life because:

Name: _____

How I can make my environment safe:

- _____
- _____
- _____

Professionals I can contact during a crisis:

1. Clinician name _____ Phone # _____
Clinician Pager or Emergency contact # _____
2. Clinician name _____ Phone # _____
Clinician Pager or Emergency contact # _____
3. Local Urgent Care /Emergency Room _____
Address: _____ Phone # _____

Agencies I can contact during a crisis:

- **Suicide Hotline 1-800-273-8255**
An online chat option is available at: <http://www.suicidepreventionlifeline.org/GetHelp/LifelineChat.aspx>
- **Your Life Your Voice from Boys Town Hotline:** <http://www.yourlifeyourvoice.org>
Your Life Your Voice is for pre-teens, teens, and young adults who are in crisis or feeling overwhelmed. The website has information sheets with tips for handling difficult situations. The hotline is toll free and open 24 hours a day. You can call, text, chat, or e-mail. Call 1-800-448-3000 or text "VOICE" to 20121.
- **Houston Teen Crisis Hotline: (713) 529-TEEN**
- **Crisis Text Line:** <http://www.crisistextline.org/> Text "HOME" to 741741.
Crisis Text Line provides free emotional support and information to teens in any type of crisis, including feeling suicidal. You can text with a trained specialist 24 hours a day.
- **NAMI: National Alliance on Mental Illness** www.nami.org 1-800-950-6264
- Additional Support Numbers: _____

Who I included in the last updated version of my safety plan:

I gave a copy of my safety plan to:

I have a copy of my safety plan