

# Safety Plans Work

There is hope.



- 1. Write 3 warning signs that a crisis may be developing.**

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- 2. Write 3 internal coping strategies that can take your mind off your problems.**

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- 3. Who/What are 3 people or places that provide distraction?**

(Write name/place and phone numbers)

\_\_\_\_\_ Phone \_\_\_\_\_

\_\_\_\_\_ Phone \_\_\_\_\_

\_\_\_\_\_ Phone \_\_\_\_\_

- 4. Who can you ask for help?** (Write names and phone numbers)

\_\_\_\_\_ Phone \_\_\_\_\_

\_\_\_\_\_ Phone \_\_\_\_\_

\_\_\_\_\_ Phone \_\_\_\_\_

- 5. Professionals or agencies you can contact during a crisis:**

Clinician: \_\_\_\_\_ Phone \_\_\_\_\_

Local Urgent Care or Emergency Department:

Address \_\_\_\_\_ Phone \_\_\_\_\_

Call or text 988 or chat [988lifeline.org](https://www.988lifeline.org)

- 6. Write out a plan to make your environment safer.**

(Write 2 things)

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