

Safety Plan

Step 1: Warning signs (thoughts, images, mood, situation, behaviour) that I am feeling distressed:

1.

2.

3.

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

1.

2.

3.

Step 3: People and social settings that provide distraction:

Name/ Phone/ Place:

Name/ Phone/ Place:

Name/ Phone/ Place:

Step 4: People whom I can ask for help:

Name/ Phone:

Name/ Phone:

Name/ Phone:

Step 5: Professionals or agencies I can contact if I get distressed:

Name/ Phone/ Place:

Name/ Phone/ Place:

Name/ Phone/ Place:

Step 6: Making the environment safe, eg removing access to things that can harm you

Step 7: The Red Button: people I can contact immediately when I am very stressed

Phone:

Phone:

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