

SAFETY PLAN

Step 1: Warning signs:

B
B
B B

Step 2: Internal coping strategies - Things I can do to take my mind off my problems without contacting another person:

B
B
B B

1 D P H B
1 D P H B
3 O D F H B
3 O D F H B

Step 4: People whom I can ask for help:

1 D P H B
1 D P H B
1 D P H B

Step 5: Professionals or agencies I can contact during a crisis:

& O L Q L F L D Q 1 D P H B
& O L Q L F L D Q 3 D J H U R U (P H U J H Q F \ & R Q W D F W B
& O L Q L F L D Q 1 D P H B
& O L Q L F L D Q 3 D J H U R U (P H U J H Q F \ & R Q W D F W B
6 X L F L G H 3 U H L Y H Q M Q L H R Q 7 \$ /.
/ R F D O (P H U J H Q I F U Y L F H V \$ G G U H V V B
(P H U J H Q I F U Y L F H V 3 K R Q H B
(P H U J H Q I F U Y L F H V 3 K R Q H B

Making the environment safe:

B
B
) U R P 6 W D Q C H U R Z Q * D I H S Q D Q J Q Q W H U Y H E Q U W L H R Q H U Y R H Q W L R Q W
P L W L V D W F U G C N i n g i v e n t i v e a n d B e h a v i o r a l P r a c t i c e . 1 9 ±

3 H U V R Q D O D Q G & R Q I L G H Q W L D O

7 K L V F R Q W H Q W L V I R U L Q I R U P D W L R Q D O S X U S R V H V R Q O \ G
Q R W L Q W H Q G H G W R E H D V X E V W L W X W H I R U S U R I H V V L R Q D O
\$ O Z D \ V V H H N W K H D G Y L F H R I D S K \ V L F L D Q R U R W K H U T X D O I
T X H V W L R Q V \ R X P D \ K D Y H ('