



SAFETY PLAN STRATEGIES

Safety Plans work. This template can be used to create a “safe plan” to help keep you and your environment safe during challenging times of heightened or strong emotions, increased stress, or with thoughts of suicide.



1. Write 3 indicators, warning signs, or feelings that a crisis may be developing.



2. Write 3 internal coping skills to help you cope or shift your thinking away from the problem(s).



3. Who/What are 3 people and/or places that provide a safe distraction? *(Write names/places and phone numbers)*

Name/place _____	Phone _____
Name/place _____	Phone _____
Name/place _____	Phone _____



4. Who can you talk to for support or ask for help? *(Write names and phone numbers)*

Name _____	Phone _____
Name _____	Phone _____
Name _____	Phone _____



5. Professionals, agencies, or facilities you can contact before or during a crisis:

Doctor _____	Phone _____
Therapist/Clinician _____	Phone _____
Local Urgent Care/Mobile Crisis Unit/Emergency Room Name _____	
Address _____	Phone _____
Call or text for free, 24/7 at 988 , Veterans press 1; or live chat at 988lifeline.org .	Other Hotline Phone _____



6. Write a plan with options to make your environment secure or safer. *(Write at least 2 things)*

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Modified in part from Stanley & Brown (2021)

