

Safety Plan Template

A safety plan is a prioritized written list of coping strategies, supports, and resources for you to use when you are in crisis or having thoughts of suicide. A safety plan should be tailored to what works for you, it is a living document that can be updated and adapted as needed. Keep this safety plan with you to reference when you are in crisis.

The one thing that is most important to me and worth living for is: _____

STEP 1. WARNING SIGNS THAT A CRISIS MAY BE DEVELOPING (THOUGHTS, IMAGES, MOOD, SITUATION, BEHAVIOR)

STEP 2: INTERNAL COPING STRATEGIES – THINGS I CAN DO TO COPE WITHOUT CONTACTING ANOTHER PERSON (RELAXATION TECHNIQUE, PHYSICAL ACTIVITY)

STEP 3: PEOPLE AND SOCIAL SETTINGS THAT PROVIDE DISTRACTION

STEP 4: FAMILY OR FRIENDS WHO I CAN ASK FOR HELP

STEP 5: PROFESSIONALS OR AGENCIES I CAN CONTACT DURING A CRISIS:

- Dial 9-1-1 if this is a life-threatening emergency or for transportation to the closest emergency department
- Therapist's Name: _____ Contact info: _____
- Doctor's Name: _____ Contact info: _____
- Local Emergency Department or 24/7 Mental Health Crisis Center: _____
- Other: _____
- MSU Center for Survivors 24/7 Crisis Hotline: 517-372-6666 & 10am-10pm Crisis Chat: centerforsurvivors.msu.edu
- Michigan Coalition to End Domestic & Sexual Violence (MCEDSV) 24/7 Hotline, TextLine, & Chat
Hotline: 855-VOICES4 Textline: 866-238-1454 Chat: mcedsv.org/hotline/hotline-chat
- 24/7 National Suicide Prevention LifeLine 1-800-273-TALK (8255) 24/7 National Crisis TextLine text START to 741741

STEP 6: MEANS RESTRICTION/MAKING THE ENVIRONMENT SAFE:
