Suicide Safety Plan

Step 1:	Warning signs:	
1.		
Step 2:	Internal coping strategies—things I can do to take my mind off my problems without contacting another person:	
1.	•	
2.	•	
3.	·	
Step 3:	People and social settings that provide distraction:	
1.	. Name Phon	e
		e
3.	. Place	
	. Place	
Step 4:	People whom I can ask for help:	
1.	. Name Phon	e
2.	. Name Phon	e
3.	. Name Phon	e
Step 5:	Professionals or agencies I can contact during a crisis:	
1.	. Clinician Name Phon	e
	Clinician Pager or Emergency Contact #	
2.	. Clinician Name Phon	e
	Clinician Pager or Emergency Contact #	
3.	. Suicide Prevention Lifeline Phone: 1-800-273-TALK (8255)	
4.	. Local Emergency Service	
	Emergency Services Address	
	Emergency Services Phone	
Ston 6:	Making the environment sets	
•	Making the environment safe:	
	•	
2.	·	

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