

SAFETY PLANS WORK

There is Hope.



- 1** Write 3 warning signs that a crisis may be developing.

- 2** Write 3 internal coping strategies that can take your mind off your problems.

- 3** Who/What are 3 people or places that provide distraction?
(Write name/place and phone numbers)

_____ Phone _____
_____ Phone _____
_____ Phone _____

- 4** Who can you ask for help? (Write name/place and phone numbers)

_____ Phone _____
_____ Phone _____
_____ Phone _____

- 5** Professionals or agencies you can contact during a crisis:

Clinician _____ Phone _____
Local Urgent Care or Emergency Department:
Address _____ Phone _____

Text or call 988 or chat [988lifeline.org](https://www.988lifeline.org)

- 6** Write out a plan to make your environment safer.
(Write 2 things)



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SUICIDE & CRISIS
LIFELINE