



Crisis Safety Plan

We all go through rough periods, often times unexpectedly. If you are already struggling with mental illness or have a lot of stress in your life, this can increase your vulnerability during times of crisis. The outline below guides you through the development of an informal safety plan to be referenced in times of need. Complete this plan now so that you have it ready to go should it be needed. It can also be helpful to review it with your doctor or therapist if you have the chance.

Step 1: Identify your *personal warning signs* by answering the question “I know that I could be heading for a crisis when I experience....” (e.g. crying spells, isolating from others, feeling “crazy” in general)

1. _____
2. _____
3. _____

Step 2: Identify your go-to *coping and distress tolerance skills* by answering the questions, “What makes me feel better when I begin to struggle” and “What can I do to feel better now, without making things worse in the long-run?” (e.g. use distraction coping skills, journal, go for a walk)

1. _____
2. _____
3. _____

Step 3: Identify your *supports* by answering the questions, “who can I trust to talk to about what I’m going through,” or “who could help distract me from this immediate crisis long enough to begin feeling better?” (e.g. a parent, friend, pastor, etc.) Include their names and phone numbers below:

1. _____
2. _____
3. _____

Step 4: Identify *places* to go to ensure safety by answering, “where do I feel safe and good,” and “where is a place that will provide distraction and/or fun?” (e.g. the movies, church, a local park, etc.)

1. _____
2. _____
3. _____

Step 5: If all of the above is ineffective and you believe that you might be a danger to yourself or others, it’s time to increase the intensity of the plan as follows:

1. Call your **doctor** or **therapist**: _____
2. Call, text, or online chat with the **National Suicide Prevention Lifeline** (available 24/7): 1-800-273-8255 and/or <https://suicidepreventionlifeline.org>
3. Go to the nearest **Emergency Department** – they will connect you with a mental health professional for an assessment and treatment if needed
4. Call **9-1-1** if your safety is in imminent danger

There is only one you. There will never be another. No matter how low you are feeling now, you are still a unique, important and valuable being. Don’t do something permanent when there truly is hope and help out there for you. You matter and you got this!