

Warrior Health Society Safety Plan

STEP 1: Warning signs (thoughts, images, mood, situation, behavior) that a crisis may be developing:

1.

2.

3.

STEP 2: Internal coping strategies – Things I can do to take my mind off my problems without contacting another person (relaxation technique, physical activity):

1.

2.

3.

STEP 3: People and social settings that provide distraction:

1. Name:

Phone:

2. Name:

Phone:

3. Place:

4. Place:

STEP 4: People whom I can ask for help:

1.

2.

3.

STEP 5: Professionals or agencies I can contact during a crisis:

1.

2.

3.

4.

5. 'Suicide Prevention Lifeline Phone: Call 988 or Text HOME to 741741

STEP 6: Making the environment safe:

1.

2.

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