

# Safety Plan

**Step 1:** Warning signs (thoughts, images, mood, situation, behaviour) that I am feeling distressed:

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:

Name/ Phone/ Place:

Name/ Phone/ Place:

Name/ Phone/ Place:

**Step 4:** People whom I can ask for help:

Name/ Phone:

Name/ Phone:

Name/ Phone:

**Step 5:** Professionals or agencies I can contact if I get distressed:

Name/ Phone/ Place:

Name/ Phone/ Place:

Name/ Phone/ Place:

**Step 6:** Making the environment safe: eg removing access to things that can harm you

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