

## SAFETY PLAN

Name: \_\_\_\_\_ CWID \_\_\_\_\_ Date \_\_\_\_\_

### 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 of my problems without contacting another person (relaxation technique, physical activity):

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

### 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. Name \_\_\_\_\_ Phone \_\_\_\_\_
2. Name \_\_\_\_\_ Phone \_\_\_\_\_
3. Name \_\_\_\_\_ Phone \_\_\_\_\_

### Step 5: Professionals or agencies I can contact during a crisis:

1. Clinician Name \_\_\_\_\_ Phone \_\_\_\_\_  
Clinician Contact # \_\_\_\_\_
2. CSUF CAPS Afterhours #: (657) 278-3040
3. National Suicide Prevention Line: 1(800) 273-8255
4. Trevor Lifeline (LGBTQ+): 1(866) 488-7386
5. National Sexual Assault Hotline: 1(800) 656-4673
6. Crisis Text Line: Text "home" to 741-741
7. [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

### Step 6: Making sure the environment is safe:

1. \_\_\_\_\_
2. \_\_\_\_\_

### Step 7: The one thing that is most important to me and is worth living for:

Client Signature \_\_\_\_\_