### SAFETY PLAN

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<th>Name:</th>
<th>CWID</th>
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### 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. __________________________________________ 4. __________________________________________
2. __________________________________________ 5. __________________________________________
3. __________________________________________ 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 5. National Sexual Assault Hotline: 1(800) 656-4673

### 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

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