

# SAFETY PLANS WORK

There is Hope.



- 1** Write 3 warning signs that a crisis may be developing.

---

---

---

- 2** Write 3 internal coping strategies that can take your mind off your problems.

---

---

---

- 3** Who/What are 3 people or places that provide distraction?  
(Write name/place and phone numbers)

\_\_\_\_\_ Phone \_\_\_\_\_  
\_\_\_\_\_ Phone \_\_\_\_\_  
\_\_\_\_\_ Phone \_\_\_\_\_

- 4** Who can you ask for help? (Write name/place and phone numbers)

\_\_\_\_\_ Phone \_\_\_\_\_  
\_\_\_\_\_ Phone \_\_\_\_\_  
\_\_\_\_\_ Phone \_\_\_\_\_

- 5** Professionals or agencies you can contact during a crisis:

Clinician \_\_\_\_\_ Phone \_\_\_\_\_

Local Urgent Care or Emergency Department:

Address \_\_\_\_\_ Phone \_\_\_\_\_

Text or call 988 or chat [988lifeline.org](https://www.988lifeline.org)

- 6** Write out a plan to make your environment safer.  
(Write 2 things)

---

---

---



# 988

SUICIDE & CRISIS  
LIFELINE