

Safety Plan

Develop a “safety plan” around problematic behavior or crisis situations that you have experienced in the past and/or may experience in the future. Develop this plan when you are feeling well.

Problem	_____
Triggers or warning signs that something might be wrong	(thoughts, images, mood, situations, behavior, “code” words) 1. _____ 2. _____ 3. _____ 4. _____ 5. _____
Coping strategies	(things I can do to take my mind off the problem) (eg relaxation, go for a walk) 1. _____ 2. _____ 3. _____ 4. _____ 5. _____
Places that provide distraction	1. _____ 2. _____ 3. _____ 4. _____ 5. _____
People who provide distraction	1. Name _____ Phone _____ 2. Name _____ Phone _____ 3. Name _____ Phone _____
People I can contact for help	1. Name _____ Phone _____ 2. Name _____ Phone _____ 3. Name _____ Phone _____
Professionals or agencies I can contact during a crisis	1. Name _____ Phone _____ 2. Name _____ Phone _____ 3. Name _____ Phone _____ 4. Local Mental Health Care Team _____ Phone _____ 4. Lifeline 13 11 14 5. Salvation Army Care Line 1300 36 36 22 6. Suicide Call Back Service 1300 659 467
What I can do to make the environment safe	1. _____ 2. _____ 3. _____ 4. _____ 5. _____
What I can ask others to do to help	1. _____ 2. _____ 3. _____ 4. _____ 5. _____