



Safety Plan¹

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 my problems without contacting another person (relaxation techniques, physical activity):

1. _____
2. _____
3. _____

Step 3: People and social settings that provide distraction:

Name: _____ Place: _____

Name: _____ Place: _____

Step 4: People whom I can ask for help:

1. Name: _____
2. Name: _____
3. Name: _____

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

1. Miracle's Clinician Name: _____
2. Rogers Memorial Hospital: 11101 W Lincoln Ave, West Allis, WI 53227 Phone: 414-327-3000
3. MUTT Phone #: (414) 257-7621
4. Suicide Prevention Lifeline Phone: 1-800-273-TALK (8255)

Step 6: Making the environment safe:

1. _____
2. _____
3. _____

The one thing that is most important to me and worth living for is: _____

Client Name

Client Signature

Date

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