Safety Plan Template

A safety plan is a prioritized written list of coping strategies, supports, and resources for you to use when you are in crisis or having thoughts of suicide. A safety plan should be tailored to what works for you, it is a living document that can be updated and adapted as needed. Keep this safety plan with you to reference when you are in crisis.

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

**STEP 1. WARNING SIGNS THAT A CRISIS MAY BE DEVELOPING** (THOUGHTS, IMAGES, MOOD, SITUATION, BEHAVIOR)

_____________________________________________________________________________________
_____________________________________________________________________________________
_____________________________________________________________________________________

**STEP 2: INTERNAL COPING STRATEGIES** – THINGS I CAN DO TO COPE WITHOUT CONTACTING ANOTHER PERSON (RELAXATION TECHNIQUE, PHYSICAL ACTIVITY)

_____________________________________________________________________________________
_____________________________________________________________________________________
_____________________________________________________________________________________

**STEP 3: PEOPLE AND SOCIAL SETTINGS THAT PROVIDE DISTRACTION**

_____________________________________________________________________________________
_____________________________________________________________________________________
_____________________________________________________________________________________

**STEP 4: FAMILY OR FRIENDS WHO I CAN ASK FOR HELP**

_____________________________________________________________________________________
_____________________________________________________________________________________
_____________________________________________________________________________________

**STEP 5: PROFESSIONALS OR AGENCIES I CAN CONTACT DURING A CRISIS:**

- **Dial 9-1-1** if this is a life-threatening emergency or for transportation to the closest emergency department
- **Therapist’s Name:** ____________________________ Contact info: ____________________________
- **Doctor’s Name:** ____________________________ Contact info: ____________________________
- **Local Emergency Department or 24/7 Mental Health Crisis Center:** ____________________________
- **Other:** ____________________________________
- **MSU Center for Survivors** 24/7 Crisis Hotline: 517-372-6666 & 10am-10pm Crisis Chat: centerforsurvivors.msu.edu
- **Michigan Coalition to End Domestic & Sexual Violence (MCEDSV)** 24/7 Hotline, TextLine, & Chat Hotline: 855-VOICES4 Textline: 866-238-1454 Chat: mcedsv.org/hotline/hotline-chat
- **24/7 National Suicide Prevention LifeLine** 1-800-273-TALK (8255) **24/7 National Crisis TextLine** text START to 741741

**STEP 6: MEANS RESTRICTION/MAKING THE ENVIRONMENT SAFE:**

_____________________________________________________________________________________
_____________________________________________________________________________________

Source: Barbara Stanley and Gregory K. Brown
Revised 10.6.20