

Patient Safety Plan

[COMPANYLOGO]

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 technique, physical activity)

1.

2.

3.

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 / Emergency Phone:

2. Local Urgent Care Services / Address / Phone:

3. 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: *