



## Patient Safety Plan

- Warning signs (thoughts, images, mood, situation, behavior) that a crisis may begin to develop:

- 1)
  - 2)
  - 3)
- Internal coping strategies - Things you can do to distract yourself from the problems that do not require another person:

- 1)
- 2)
- 3)

- Two people and one social setting that could provide a distraction:

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Place: \_\_\_\_\_

- Three people that I can talk to when I need help:

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

- Professionals or agencies that can be contacted during a crisis:

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Local urgent care: \_\_\_\_\_ Phone: \_\_\_\_\_

County Crisis Phone: \_\_\_\_\_

Suicide Prevention: 1-800-273-TALK (8255)

- Steps that can be taken to make my environment safe:

1)

2)

-The one thing that is most important to me and makes my life worth living is: