

Patient Safety Plan



Step 1: Warning signs (thoughts, images, mood, situation, behavior) of a crisis:

- 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 | Clinician Pager or Emergency Contact # |
| 2. Clinician Name | Phone | Clinician Pager or Emergency Contact # |
| 3. Local Urgent Care Services | Urgent Care Services Address | Urgent Care Services Phone |
| 4. Suicide Prevention Lifeline Phone: 1-800-273-TALK (8255) | | |

Step 6: Making the environment safe:

- 1.
- 2.

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

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Signature _____

Date _____