

Student Safety Plan

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:

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 Emergency Contact # _____
2. Clinician Name _____ Phone _____
Clinician Emergency Contact # _____
3. Local Urgent Care Services _____ Phone _____
Urgent Care Services Address _____

Suicide Lifeline Phone: Dial 988

TEXT: 4HOPE to 741741

Step 6: Making the environment safe:

1. _____
2. _____

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