

Safety Plan

For: _____

Date: _____

Warning Signs

The thoughts, images, mood, situation, or behavior that tell me a crisis may be developing:

Coping Strategies

Things that I can do on my own to help me deal with a crisis. For example: ways to distract myself, things I can do to relax, phrases I can tell myself.

Getting support from others

Places I can go or people I can call to distract me, keep me company, help me feel better, or get support.

People to call when in a crisis

The people to call and their phone numbers

Professionals or organizations to call in crisis

My Western Clinician(s): _____

Nearest Emergency or Urgent Care: _____

Address: _____

Phone #: _____

Western After Hours Crisis Line: 503-727-3764

National Help Line: 1-800-923-HELP (4357) or 1-800-273-TALK

National Suicide Hotline: 1-800-SUICIDE (1-800-784-2433)

Oregon "Warm Line": 1-800-698-2392

Other Organizations: _____

Making the environment safe

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

Client Signature: _____ Date: _____