

Safety Plan

STEP 1: Know When to Get Help

What are the warning signs that you are beginning to struggle with your problem? These can include thoughts, feelings, or behaviors.

STEP 2: Coping Skills

What can you do, by yourself, to take your mind off the problem? What obstacles might there be to using these coping skills?

STEP 3: Social Support

If you are unable to deal with your distressed mood alone, contact trusted family members or friends. List several people in case your first choices are not available.

Name	Contact Info

STEP 4: Seek Help from Professionals

If your problem persists, or if you have suicidal thoughts, reach out to your professional support system.

Local emergency number:	
Professional or agency:	
Suicide hotlines in the United States:	1-800-SUICIDE 1-800-273-TALK 1-800-799-4889 (for deaf or hard of hearing)