

Safety Plan

**Setting the Stage:
Making the
environment safe**

**Recognizing
Warning Signs**

**Internal Strategies:
Things I can do
on my own**

**External Strategies:
People who can help
distract me**

**External Strategies:
Adults I can ask
for help**

1.	1.	1.	1.	1.
2.	2.	2.	2.	2.
3.	3.	3.	3.	3.

Professionals who I can ask for help:

My therapist: _____

Phone #: _____

Hospital ER: _____

Phone #: _____

Crisis hotline/Other: _____