

Safety Plan

Serein Counseling, LLC

NAME: _____

DATE: _____

My Warning signs (Emotions, moods, situation, thoughts)

- 1.
- 2
- 3

Things I can do to take my mind off my problems without contacting another person (relaxation technique, physical activity):

- 1.
- 2
- 3

People and social settings that provide distraction (include phone):

- 1.
- 2
- 3

People whom I can ask for help (include phone):

- 1.
- 2
- 3

Professionals or agencies I can contact during a crisis:

- 1.
- 2
- 3 Crisis Hotline - 1-800-273-TALK (8255) or text "HOME" to 741741

How can I Make the environment safe?:

- 1.
- 2

One thing that is worth living for is ;