

MY RECOVERY PLAN

SAFETY PLAN

PART 1: SIGNS I SHOULD USE MY PLAN

Warning signs can be thoughts, feelings, or behaviors that appear or increase when you get distressed. These are signs that you should use your Safety Plan.

PART 2: WAYS I CAN COPE ON MY OWN

Add as many strategies as you can think of that will help you when you're feeling depressed, anxious, or unsafe. What can you do, on your own, to help you stay safe and to not act on suicidal thoughts or urges? Try to think of things you may have tried in the past that were helpful.

PART 3: SOCIAL DISTRACTIONS

Consider who you could contact or where you could go to take your mind off your problems or help you feel better. This could be anyone, from a friendly acquaintance to a close friend, and anywhere, from the library to a local coffee shop. It can be helpful to add places that are open late at night or early in the morning. This is a place for you to list contacts or acquaintances, or other people in public settings that can provide distraction. They do not necessarily have to be people that you would tell you are feeling suicidal. It is more important that they are people that you can talk to about everyday things.

PART 4: FAMILY AND FRIENDS I CAN CALL

Which family members or friends should be included in your plan? Who can support you in a time of crisis?

Name	Cell Phone Number	Home Phone Number	Email Address

PART 5: PROFESSIONALS I CAN CALL

What medical or mental health professionals can you contact in a time of crisis? Add them here so that you can quickly reach them if you are in crisis. If you need to go to an emergency room or urgent care center, where will you go?

	Name	Cell Phone Number	Office Phone Number	Email Address
Peer Specialist				
Psychologist				
Psychiatrist				
Primary Care				
Social Worker				
Nurse				
Specialist				
Specialist				

PART 6: KEEPING MYSELF SAFE

Do objects in your environment pose a risk to your safety? Think about weapons, toxins, drugs, alcohol, etc. What are ways you can make your environment safer and protect yourself from self-harm until the crisis passes? Who can you enlist to help you keep your home safe? You might share your plans with a family member or roommate, so they know how to help if you reach out to them in a time of crisis.
