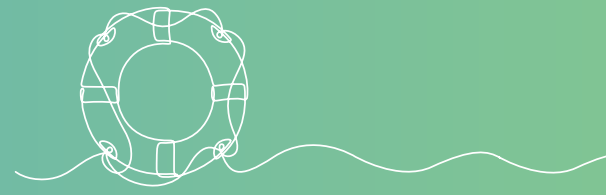


# Safety plan



A safety plan is a personalized resource designed to guide individuals during times of crisis and suicidal ideation. This proactive tool outlines triggers, strategies, resources and steps to follow to manage a crisis effectively.

1

List 3 warning signs that a crisis may be developing for you:

2

List 3 coping strategies that can help take your mind off your current problems:

3

List 3 places that provide distraction:

4

Who can you ask for help? (Write name/place and phone numbers )

5

Professionals, agencies or crisis hotlines that you can contact during a crisis:

Clinician: \_\_\_\_\_ Phone: \_\_\_\_\_

Emergency Department (Address): \_\_\_\_\_ Phone: \_\_\_\_\_

**Wolfson Children's 24/7 Kids/Teens Helpline: 904.202.7900**

**Text LIFE to 741741**

**Text or Call 988**

6

Write out 2 steps to make your environment safer: