Developing a Safety Plan can be helpful for anyone who may feel like they are at high risk of a mental health crisis. A Safety Plan is a prioritized written list of coping strategies and sources of support. The plan is brief, is in your own words, and is easy to read. Use this worksheet to help complete your own safety plan!

**MENTAL HEALTH CRISIS SAFETY PLAN**

Thoughts, images, mood, situations, behaviors that indicate a crisis may be developing.

1. ..........................................................  

2. ..........................................................  

3. ..........................................................

**COPING STRATEGIES**

Things I can do to take my mind off my problems like relaxation techniques or physical activity.

1. ..........................................................

2. ..........................................................

3. ..........................................................

**WARNING SIGNS**

Places that provide distraction and spaces that I feel safe.

1. ..........................................................

2. ..........................................................

3. ..........................................................

**PLACES & SPACES**
### PEOPLE
People whom I can ask for help.

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

### PROFESSIONALS
Trusted professionals or agencies I can contact during a crisis.

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

### HOTLINES
Hotlines I can call in an emergency or crisis.

- **National Sexual Assault Hotline**
  
  800-656-4673

- **National Suicide Prevention Hotline**
  
  800-273-8255

- **Substance Abuse & Mental Health Services**
  
  800-662-4357

### ENVIRONMENT
Actions I can take to help me feel safe.

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