

Safety Plan

Early warning signs (thought, image, mood, behavior, situations) that a crisis might be happening 1. _____ 2. _____ 3. _____
When things are really breaking down (list things you do, what is happening around you) 1. _____ 2. _____ 3. _____
Things I can do that can distract me and take my mind off my problems 1. _____ 2. _____ 3. _____
Internal coping strategies: ways I can take my mind off problems and feel calm (a prayer, affirming quote of mantra, relaxation strategy) 1. _____ 2. _____ 3. _____
People I can call to ask for help (name and phone number) 1. _____ 2. _____ 3. _____
Professionals I can call to ask for help (names and phone numbers) 1. _____ 2. _____ 3. _____
Things I need to do to make my environment safe 1. _____ 2. _____ 3. _____
My two biggest reasons for living 1. _____ 2. _____

National Suicide Prevention Lifeline 1-800-273-8255

agoodplacetherapy.com

Seeking Safety Format Worksheet

AN Whitehead



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