

Crisis Stabilization Plan (Safety Plan)

If you are in crisis and not able to follow the safety plan, call 911 or go to the nearest hospital Emergency Department.

Step 1: Warning signs (urges, emotions, thoughts, behaviors, situations):

1. _____

2. _____

Step 2: Internal coping skills — things I can do to take my mind off my problems without contacting another person:

1. _____

2. _____

Tswv Yim Npaj Daws Xwm Txheej Kub Ntxhov Kom Ruaj Khov (Tswv Yim Kom Muaj Kev Xyuam Xim)

Yog tias koj tab tom raug xwm txheej ceev thiab tsis muaj cuab kav ua raws li tej tswv yim rau kev puaj phais, hu 911 los sis mus rau Chav Kho Mob Thaum Muaj Xwm Txheej uas nyob ze tshaj plaws.

Theem 1: Tej cim txog kev xwm txheej (kev ntshaw, kev xav tau, lub siab xav li cas, tej cwj pwm, lwm yam xwm txheej):

1. _____

2. _____

Theem 2: Tej kev txawj — tej yam uas kuv ua tau kuv tus kheej kom txhob xav txog kuv tej teeb meem tsis tas nrog lwm tus neeg sib tham li:

1. _____

2. _____

Step 3: People and social settings that provide distraction:

1. Name: _____

Phone number: _____

2. Name: _____

Phone number: _____

3. Place: _____

4. Place: _____

Step 4: People I can ask for help:

1. Name: _____

Phone number: _____

2. Name: _____

Phone number: _____

3. Name: _____

Phone number: _____

Step 5: Professionals or agencies I can contact during a crisis:

During business hours:

1. Provider: _____

Phone number: _____

2. Provider: _____

Phone number: _____

Theem 3: Tib neeg thiab tej kev sib raug zoo uas pab kom yus tsis nco qab xav txog tej teeb meem:

1. Lub npe: _____

Naj npawb xov tooj: _____

2. Lub npe: _____

Naj npawb xov tooj: _____

3. Qhov chaw: _____

4. Qhov chaw: _____

Theem 4: Cov neeg uas kuv thov tau kev pab:

1. Lub npe: _____

Naj npawb xov tooj: _____

2. Lub npe: _____

Naj npawb xov tooj: _____

3. Lub npe: _____

Naj npawb xov tooj: _____

Theem 5: Cov kws txawj los sis koom haum uas kuv tiv tauj taus thaum muaj xwm txheej ceev:

Thaum lub tsev lag luam qhib:

1. Tus kws kho mob: _____

Naj npawb xov tooj: _____

2. Tus kws kho mob: _____

Naj npawb xov tooj: _____

Anytime:

3. County Crisis Line: _____

4. National Suicide Crisis Hotline: 988

5. Crisis Text Line: Text **HOME** to
741741 (in the United States)

Making the environment safe:

1. _____

2. _____

The one thing that is most important
to me and worth living for is:

Thaum twg los tau:

3. Lub Nras Tus Xov Tooj Thaum Muaj
Xwm Txheej Ceev: _____

4. Tus Xov Tooj Pab Tiv Thaiv Kev Tua
Yus Tus Kheej: 988

5. Tus Xov Tooj Xa Ntawv Text Thaum
Muaj Xwm Txheej Ceev:
Ntaus **HOME** mus rau 741741
(yog nyob hauv Teb Chaws Amelikas)

Ua kom qhov chaw ib puag ncig yuav puaj
phais:

1. _____

2. _____

Yam tseem ceeb tshaj plaws rau kuv thiab
yam uas ua rau kuv xav ua neej nyob:

