

# 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. \_\_\_\_\_

**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: \_\_\_\_\_

**(over)**

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

During business hours:

1. Provider: \_\_\_\_\_ Phone number: \_\_\_\_\_

2. Provider: \_\_\_\_\_ Phone number: \_\_\_\_\_

Anytime:

3. County Crisis Line: \_\_\_\_\_

4. Suicide Prevention Lifeline: 1-800-273-TALK (8255)

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:

\_\_\_\_\_