

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. _____

Qorshaha Xasilinta Dhibaataada (Qorshaha Badbaadada)

Haddii ad ku jirtid qallalaase oo aanad awoodin inaad raacdid qorshaha ammaanka, wac 911 ama tag Qaybta Degdegga ee cisbitaalka kuugu dhow.

Tallaabada 1: Calaamadaha digniinta (damcid, caadifad, fikrado, dabeecado, xaalado):

1. _____

2. _____

Tallaabada 2: Farsamooyinka maareynta ee gudaha — waxyaabo an sameyn karo si an dhibaatooyinka ugu saro maskaxdayda aniga oo aan la xidhiidhin qof kale:

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: _____

Tallaabada 3: Dadka iyo goobaha bulsho ee bixiya jeedin:

1. Magaca: _____

Lambarka teleefonka: _____

2. Magaca: _____

Lambarka teleefonka: _____

3. Meesha: _____

4. Meesha: _____

Tallaabo 4: Dadka an weydiisan karo gargaar:

1. Magaca: _____

Lambarka teleefonka: _____

2. Magaca: _____

Lambarka teleefonka: _____

3. Magaca: _____

Lambarka teleefonka: _____

Tallaabo 5: Xirfadleyaal ama hay'ado an la xidhiidhi karo inta lagu jiro qallalaase:

Inta lagu jiro saacadaha shaqada:

1. Bixiye: _____

Lambarka teleefonka: _____

2. Bixiye: _____

Lambarka teleefonka: _____

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:

Wakhti kasta:

3. Khadka Qallalaasaha ee Degmada: ____

4. Suicide Prevention Lifeline (Khadka
Ka-hortagga Isdilista): 1-800-273-TALK
(8255)

5. Khadka Qallaalaasaha ee Fariimaha
Qoraal ah: Dir ereyga **HOME** oo u dir
741741 (gudaha Maraykanka)

Deegaanka oo ammaan laga dhigo:

1. _____

2. _____

Halkan wax ee iigu muhiimsan aniga ee
istaahila in loo noolaado waa:

