# My Safety Plan

## My warning signs are...

<table>
<thead>
<tr>
<th>Thoughts</th>
<th>Feelings</th>
<th>Behaviors</th>
<th>Symptoms</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

## My self-management strategies are...

1. ____________________________

2. ____________________________

3. ____________________________

4. ____________________________

## Activities that can distract me...

- Activity
- Activity
- Activity
- Activity

## People who can distract me...

- Name
- Name
- Name
- Name
Places I can go...

<table>
<thead>
<tr>
<th>Place</th>
<th>Address</th>
<th>How will I get there?</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

My crisis contacts are...

- Name
- Name
- Name
- Name

<table>
<thead>
<tr>
<th>Name</th>
<th>Phone Number</th>
<th>Other Contact Information</th>
<th>Address or Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Provider:

Clinic:

Emergency Services:

- Suicide Prevention Lifeline 1-800-273-TALK (8255) Crisis Text “VT” to 741741 As of 7/16/22, call 988
- Northern New England Poison Center 1-800-222-1222 Text POISON to 85511 Chat online at www.nnepc.org

How I can keep myself safe at home...

1. ____________________________________________________________

2. ____________________________________________________________

3. ____________________________________________________________