

# OH CRAP, I'M GOING DOWN

## A SAFETY PLAN

### RED FLAGS

I KNOW SOMETHING'S WRONG WHEN I FEEL THIS WAY

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### WHEN I DO THESE, I FEEL BETTER

PERSONAL COPING STRATEGIES TO TAKE MY MIND OFF THINGS

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### PLACES TO GO, PEOPLE TO SEE

PEOPLE & PLACES THAT PROVIDE DISTRACTION

|            |             |
|------------|-------------|
| NAME _____ | PLACE _____ |
| NAME _____ | PLACE _____ |

### MY GO-TO FOLKS

MY CONFIDANTS & INNER CIRCLE

|            |             |
|------------|-------------|
| NAME _____ | PHONE _____ |
| NAME _____ | PHONE _____ |
| NAME _____ | PHONE _____ |

### TIME TO CALL THE PROS

|                      |                         |
|----------------------|-------------------------|
| CLINICIAN NAME _____ | EMERGENCY PHONE # _____ |
| CLINICIAN NAME _____ | EMERGENCY PHONE # _____ |

LOCAL EMERGENCY SERVICE \_\_\_\_\_

EMERGENCY SERVICES PHONE \_\_\_\_\_

EMERGENCY SERVICES ADDRESS \_\_\_\_\_

### THINGS I NEED TO DO TO BE SAFE

STEPS TO MAKE MY ENVIRONMENT OKAY

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

