

SAFETY PLAN



A Safety Plan is a brief list of strategies to help you cope with life's challenges. It defines steps that you can utilize to cope when feeling distressed.

<p>1. Triggers/Warning Signs: What causes these feelings? How can you recognize when you start to feel bad?</p>	<p>2. Coping Skills/Distractions What will help you to take your mind off your problems?</p>
<p>3. Social Settings & People What social settings could provide you with an outlet or means of temporary escape?</p>	<p>4. Supportive People What friends, family, or others you trust could you ask for help?</p>
<p>5. Professionals Who could you contact during an emergency/crisis?</p>	<p>6. Safe Environment What might you need to avoid or remove (i.e. harmful objects)?</p>
<p>7. Reasons for Living What motivates you to keep going? Who or what do you care about most?</p>	