

PERSONAL SAFETY PLAN

STEP 1: I should use my safety plan when I notice these warning signs (thoughts, images, moods, situations, behaviors):	
1.	
2.	
3.	
STEP 2: Internal coping strategies – Things I can do by myself to help myself not act on how I’m feeling (e.g. favorite activities, hobbies, relaxation techniques, distractions):	
1.	
2.	
3.	
What might make it difficult for me to use these strategies?	
Solution:	
STEP 3: People and places that improve my mood and make me feel safe:	
Name:	Phone:
Name:	Phone:
Place (day):	
Place (night):	
STEP 4: People I trust who can help me during a crisis:	
Name:	Phone:
Name:	Phone:
Name:	Phone:

Why might I hesitate to contact these people when I need help?

Solution:

How will I let them know that I need their help?

STEP 5: Professional resources and referrals I should contact during a crisis (available 24/7):

Clinician Name:

Phone:

Local Urgent Care Services:

Address:

Phone:

Santa Clara County Suicide & Crisis Center: 855-278-4204 or Text RENEW to 741741

National Suicide Prevention Lifelines: 1-800-784-2433 and 1-800-273-8255 or you can call Pacific Clinics at 408-379-9085

Call 988 if you need immediate help in order to remain safe.

STEP 6: Steps I can take to keep myself safe by reducing access to harmful means if faced with a suicidal crisis:

1.

2.

3.

STEP 7: The things that are most important to me and worth living for are...

1.

2.

3.

Where will I keep this plan so that I can easily find and use it during a crisis?

Student
Signature:

Date:

Parent/Guardian
Signature:

Date:

Support Person
Signature:

Date:

Therapist/Counselor
Signature:

Date:

Therapist/Counselor
Signature:

Date:

Phone apps, in iOS and Android, are available for creating a personal safety plan,

1. Safety Plan App
2. Stanley-Brown Safety Plan

In Crisis? Text any message to 741741 to connect with the Crisis Text Line, a free, 24/7 mental health support service. You can also text or call 988, to connect with the 988 Suicide & Crisis Lifeline, a free and confidential service available 24/7 in the United States.

References:

1. Abbott-Smith S, Ring N, Dougall N, Davey J. [Suicide prevention: What does the evidence show for the effectiveness of safety planning for children and young people? - A systematic scoping review](#). J Psychiatr Ment Health Nurs. 2023 Oct;30(5):899-910. doi: 10.1111/jpm.12928. Epub 2023 Apr 13. PMID: 37052321.
2. [Stanley-Brown Safety Planning Intervention](#)