Kansas Suicide Prevention HQ

Safety Plan Template

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| **STEP 1) Warning Signs – thoughts, feelings, situations, or behaviors that indicate a crisis may be developing:** |
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| **STEP 2) Internal coping strategies – activities that soothe me or provide distraction that I can do alone:** |
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| **STEP 3: People and social settings that provide distraction (include contact information):** |
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| **STEP 4: People whom I can ask for help (include contact information):** |
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| **STEP 5: Professionals or agencies I can contact during a crisis (include contact information):** |
| 1. Clinician:
2. Local Urgent Care Services:
3. Local Emergency Department:
4. Suicide Prevention Lifeline Phone: 1-800-273-8255
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| **STEP 6: Environmental safety – ways to make my surroundings safe and calm:** |
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**The one thing that is most important to me and worth living for is:**