



Safety Plan

Early warning signs that a crisis is brewing:

1. _____
2. _____
3. _____

Signs that things are really breaking down:

1. _____
2. _____
3. _____

Coping Strategies- things I can do without contacting another person:

1. _____
2. _____
3. _____

People I can ask for help:

1. _____
2. _____
3. _____
4. _____
5. _____

Professionals who can help:

1. Clinician Name _____ and phone _____
2. Clinician Name _____ and phone _____
3. Local hospital _____
4. National Suicide Prevention Lifeline 1-800-273-8255
5. Crisis Text Line- text "HOME" to 741741
6. Montgomery County Youth Hotline 301-738-9697
7. Montgomery County Crisis Center 240-777-4000

Things I need to do to make my environment safe:

1. _____
2. _____
3. _____

Reasons to live:

1. _____
2. _____
3. _____