



SURVIVOR SAFETY PLAN

Developing a Safety Plan can be helpful for anyone who may feel like they are at high risk of a mental health crisis. A Safety Plan is a prioritized written list of coping strategies and sources of support. The plan is brief, is in your own words, and is easy to read. Use this worksheet to help complete your own safety plan!

COPING STRATEGIES

Things I can do to take my mind off my problems like relaxation techniques or physical activity.

1 _____

2 _____

3 _____

WARNING SIGNS

Thoughts, images, mood, situations, behaviors that indicate a crisis may be developing.

1 _____

2 _____

3 _____

PLACES & SPACES

Places that provide distraction and spaces that I feel safe.

- 1 _____

- 2 _____

- 3 _____

PROFESSIONALS

Trusted professionals or agencies I can contact during a crisis.

- 1 _____

- 2 _____

- 3 _____

PEOPLE

People whom I can ask for help.

- 1 _____

- 2 _____

- 3 _____

ENVIRONMENT

Actions I can take to help me feel safe.

- 1 _____

- 2 _____

- 3 _____

HOTLINES

Hotlines I can call in an emergency or crisis.

**National Sexual
Assault Hotline**

800-656-4673

**National Suicide
Prevention Hotline**

800-273-8255

**Substance Abuse &
Mental Health Services**

800-662-4357