

# Safety Plan Template

*A safety plan is a prioritized written list of coping strategies, supports, and resources for you to use when you are in crisis or having thoughts of suicide. A safety plan should be tailored to what works for you, it is a living document that can be updated and adapted as needed. Keep this safety plan with you to reference when you are in crisis.*

The one thing that is most important to me and worth living for is: \_\_\_\_\_

## **STEP 1. WARNING SIGNS THAT A CRISIS MAY BE DEVELOPING (THOUGHTS, IMAGES, MOOD, SITUATION, BEHAVIOR)**

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## **STEP 2: INTERNAL COPING STRATEGIES – THINGS I CAN DO TO COPE WITHOUT CONTACTING ANOTHER PERSON (RELAXATION TECHNIQUE, PHYSICAL ACTIVITY)**

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## **STEP 3: PEOPLE AND SOCIAL SETTINGS THAT PROVIDE DISTRACTION**

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## **STEP 4: FAMILY OR FRIENDS WHO I CAN ASK FOR HELP**

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## **STEP 5: PROFESSIONALS OR AGENCIES I CAN CONTACT DURING A CRISIS:**

- Dial 9-1-1 if this is a life-threatening emergency or for transportation to the closest emergency department
- Therapist's Name: \_\_\_\_\_ Contact info: \_\_\_\_\_
- Doctor's Name: \_\_\_\_\_ Contact info: \_\_\_\_\_
- Local Emergency Department or 24/7 Mental Health Crisis Center: \_\_\_\_\_
- Other: \_\_\_\_\_
- MSU Center for Survivors 24/7 Crisis Hotline: 517-372-6666 & 10am-10pm Crisis Chat: [centerforsurvivors.msu.edu](http://centerforsurvivors.msu.edu)
- Michigan Coalition to End Domestic & Sexual Violence (MCEDSV) 24/7 Hotline, TextLine, & Chat  
Hotline: 855-VOICES4 Textline: 866-238-1454 Chat: [mcedsv.org/hotline/hotline-chat](http://mcedsv.org/hotline/hotline-chat)
- 24/7 National Suicide Prevention LifeLine 1-800-273-TALK (8255) 24/7 National Crisis TextLine text START to 741741

## **STEP 6: MEANS RESTRICTION/MAKING THE ENVIRONMENT SAFE:**

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