

My Personal Crisis Response Safety Plan

When I begin to experience thoughts of suicide or self-injury, I will do the following:

1. I will try to identify specifically what is upsetting me.
2. I will write down other responses I can have to this situation that do not involve harming myself.
3. I will review the thoughts and conclusions that I've come to about this situation and try to figure out if they are either accurate or helpful.
4. I will do something I enjoy that helps me feel better for at least 30 minutes. Some of these activities may include:

5. I will talk with someone whom I trust to be supportive about how I'm feeling. These people may include (list names and numbers):

6. I repeat all of the above *at least one more time*.
7. If the thoughts continue, and I find myself preparing to do something to myself, I will call my preferred local crisis line or suicide hotline (example: 1-800-273-TALK). Please list options below:

8. If I still feel in danger of harming or killing myself and don't feel I can control my behavior I will call 911 or go to the ER. My preferred ER is:

Name and Phone Numbers of Other Important Contacts for Me

Case Manager: _____

Therapist: _____

Psychiatrist: _____

Clinic Where I Get Services: _____

PCP: _____

Emergency Contact: _____

Name

Signature

Date

Witness Name

Signature

Date