



## Patient Safety Plan Template

If a patient with safety concerns is not going to be hospitalized, then it is especially important to develop a good safety plan. Consider using national resources such as the safety plan below adapted from The National Suicide Prevention Lifeline: <http://www.suicidepreventionlifeline.org/>

**Step 1: What to watch for that a crisis may be developing: (thoughts, images, mood, situation, behavior)**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Step 2: Coping strategies – What I can do by myself do to take my mind off my problems (relaxation technique, physical activity):**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Step 3: Places and community (friend, family, neighbor, a coffee shop, a movie theater, a store) that provide distraction:**

1. Name \_\_\_\_\_ Phone \_\_\_\_\_
2. Name \_\_\_\_\_ Phone \_\_\_\_\_
3. Place \_\_\_\_\_
4. Place \_\_\_\_\_

**Step 4: Who can I ask for help:**

1. Name \_\_\_\_\_ Phone \_\_\_\_\_
2. Name \_\_\_\_\_ Phone \_\_\_\_\_
3. Name \_\_\_\_\_ Phone \_\_\_\_\_

**Step 5: Providers and resources I can contact during a crisis:**

1. Clinician Name \_\_\_\_\_ Phone \_\_\_\_\_ Clinician Pager or Emergency Contact # \_\_\_\_\_
2. Clinician Name \_\_\_\_\_ Phone \_\_\_\_\_ Clinician Pager or Emergency Contact # \_\_\_\_\_
3. Local Urgent Care Services \_\_\_\_\_  
Urgent Care Services Address \_\_\_\_\_  
Urgent Care Services Phone \_\_\_\_\_
4. Suicide Prevention Lifeline Phone: 1-800-273-TALK (8255)

**Step 6: How I can make my environment safe:**

1. \_\_\_\_\_
2. \_\_\_\_\_

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

\_\_\_\_\_

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