Patient Safety Plan

Step 1: Warning signs (thoughts, images, mood, situation, behavior) that a crisis may be developing

1. Isolating behavior (to bedroom)
2. Crying
3. Looking sad

Step 2: Coping strategies – Things I can do to take my mind off of my problems

1. Listen to music
2. Go for a run
3. Draw

Step 3: People and settings that can provide distraction

1. Best friend
2. Sisters
3. The park

Step 4: People who I can ask for help

1. Mom
2. Aunt
3. Grandma

Step 5: Things that are important to me and worth living for

1. Family, especially younger sisters
2. College and career (eventually would like to become a lawyer)