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/](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 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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