

# Patient Safety Plan Template

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

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

## Step 2: Internal coping strategies – Things I can do to take my mind off my problems without contacting another person (relaxation technique, physical activity):

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

## Step 3: People and social settings that provide distraction:

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

## Step 4: People whom I can ask for help:

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

## Step 5: Professionals or agencies 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: Making the environment safe:

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

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

\_\_\_\_\_

# Suicide Prevention Check List

## When you have lost hope and are about to make the horrible mistake of suicide:

- Reach out for help...
  - Chat with **TheHopeLine** at [www.thehopeline.com/gethelp](http://www.thehopeline.com/gethelp).
  - Call or chat with the **Suicide Prevention LifeLine** at 1-800-273-8255 or [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)
  - Call your Contract For Life partner - A Contract For Life partner is someone you have made a commitment to that if you ever have thought of killing yourself you will reach out to them first. If you don't have a Contract for Life Partner, now is the time to find one.
- Refer to your personal Safety Plan which you previously filled out.
- Remove whatever can harm you at that very moment. -- If there are guns, knives, pills, etc. in your house, then RUN from your house. This will buy you time to settle down and begin to think rationally.
- Realize you will die if you believe the lie. - The lie is that suicide will solve all your problems. This is one of the greatest lies of all. It implies there is no other way out of your predicament than to end your life. Remember: the pain is temporary, but suicide is forever.
- Turn to other activities - The key here is to get your mind off of doing the unthinkable. Here are some suggestions to divert your mind from suicide:
  - Walk/Jog/Bike
  - Take a hot shower
  - Watch a movie/listen to music
  - Go shopping
  - Read the Bible/Pray
  - Journal
- Remember those who love you – Ending your life will deeply scar those who love you. Is it worth it? Think about siblings, parents, grandparents, friends, cousins, etc. Your life has touched many people...don't hurt them.