Safety plan

Client | Date | Session no.

1. Reasons to stay safe

What matters to the client right now, in their own words.

2. Early warning signs

Thoughts, feelings and situations that come before a crisis.

3. What helps me get through it

Things that helped before: on my own, and places or people that take my mind off it.

4. Who I can reach

People who know about this plan, then the therapist, a crisis line and the nearest emergency room, with numbers.

5. Making my surroundings safer

What the client agrees to put out of reach for now, and with whose help.

> This template **does not replace a risk assessment** or emergency help. If someone is in immediate danger, call your local emergency number. In the US, call or text 988.

Safety plan: filled example

Client Mark, 41 (fictional) | Date 11/12 | Session no. 6

1. Reasons to stay safe

"My daughter's school play in May." My dog, who waits for me at home.

2. Early warning signs

Two nights without sleep. Sitting in the car after work. **"Nothing will change."**

3. What helps me get through it

Walk the dog around the park. **A cold shower**, then the old playlist. Calling my brother about football.

4. Who I can reach

My sister Kate, she knows about this plan. Therapist: weekdays, the number on the card. **The local crisis line**, saved in the phone.

5. Making my surroundings safer

Kate keeps the extra medication at her place for now.

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