SAFETY PLAN

DEPARTMENT OF HEALTH AND HUMAN SERVICES
BEHAVIORAL HEALTH CLINICS
SFN 1600 (10-2026)

Click Here to Clear Field Data

STEP 1: Warning Signs

List Warning Signs

STEP 2: Internal Coping Strategies - Things I can do to take my mind off my problems without contacting another person

List Internal Coping Strategies

STEP 3: People and Social Settings That Provide Distraction

Name	Contact	Place
Name	Contact	Place

STEP 4: People I Can Ask For Help During A Crisis

Name	Contact
Name	Contact
Name	Contact

STEP 5: Professionals Or Agencies I Can Contact During A Crisis

Professional or Agency Name	Telephone Number	Emergency Contact
Professional or Agency Name	Telephone Number	Emergency Contact

Local Emergency Department	Emergency Department Telephone Number		
Emergency Department Address	City	State	ZIP Code

Suicide Prevention Lifeline Telephone Number: 1-800-273-TALK (8255)

STEP 6: Making The Environment Safer - Plan For Lethal Means Safety

List Plan For Safety

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