

SAFETY PLAN TEMPLATE

STEP 1 Warning signs (thoughts, feelings, situations) that may trigger a crisis

1. _____
2. _____
3. _____

STEP 2 Things I can do for myself to feel better, or that help me take my mind off my problems

1. _____
2. _____
3. _____

STEP 3 Things I can do with other people that distract me or make me feel better

1. _____
2. _____
3. _____

STEP 4 People I can talk to or ask for help if I need it

1. _____
2. _____
3. _____

STEP 5 Trained professionals or resources I can contact during a crisis

1. _____
2. _____
3. _____
4. Maine Crisis Line: call or text 988
5. National Crisis Text Line: text HOME to 741741

STEP 6 Things that need to happen to make sure my environment is safe

1. _____
2. _____

STEP 7 People and things that are most important to me and worth living for
