

Safety Plan Worksheet

Purpose: Providers and patients complete Safety Plan together, and patients keep it with them

When I need to talk about how I'm feeling, I will contact my social supports:

- Friends:
- Family:
- Command:

Emergency Contacts:

- Friends and Family (name and phone number):
- Professionals (name and phone number):

Military/Veterans Crisis Line:

Dial 1-800-273-8255 (press 1 for military) or text 838255 or live chat at <http://militarycrisisline.net> for 24/7 crisis support.

If I still feel suicidal and out-of-control, I will go to the nearest hospital emergency department or call 911:

- What might keep me from implementing this Safety Plan?
- Who will I share this plan with?
- Where will I keep this plan?

In order to keep myself safe, I will remove or safely store things I could use to hurt myself:

- Firearms:
- Medications:
- Household poisons:
- Sharp or other dangerous objects:

I can sometimes anticipate when I need to take extra care of myself. These are the people, places and situations that trigger the most stress for me:

1.
2.
3.

These are my warning signs that things are starting to get out of control:

- Thoughts:
- Feelings:
- Behaviors:
- Symptoms:

My most effective coping strategies:

- These things work to help calm me or change my thoughts:
- These are healthy activities I can use to distract myself:



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