

Sample Safety Plan For Children

Warning signs that tell me a crisis may be developing (these may include thoughts, situations, behaviors, images, etc.)

1. _____
2. _____
3. _____

Coping strategies that help me feel better (coping strategies may include listening to music, drawing, writing in a journal, going for a walk, etc.)

1. _____
2. _____
3. _____

Supportive people I have permission to contact and places I have permission to go that can provide a distraction or help me feel better (places may include a neighbor's house, library, backyard, etc.):

People/Phone Number:

Places:

- | | |
|----------|----------|
| 1. _____ | 1. _____ |
| 2. _____ | 2. _____ |
| 3. _____ | 3. _____ |

Professionals I can contact during a crisis (this may include your counselor/case manager, a crisis hotline, school social worker/counselor, etc.):

Name:

Contact Information:

- | | |
|--------------------------------------|-----------------------------|
| 1. _____ | _____ |
| 2. _____ | _____ |
| 3. _____ | _____ |
| 4. Local Crisis Line _____ | _____ |
| 5. Suicide Prevention Lifeline _____ | 1-800-273-TALK (8255) _____ |

Steps to keep my environment safe:

1. _____
2. _____

Developed using recommendations from the American Association of Suicidology

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