

# Safety Planning Worksheet

Name:	Date of birth:
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**What are my warning signs?** Write the things that make it feel like a crisis is developing

**What are my coping strategies?** Write the things that will distract you from distress

**What are the places that make me feel better?** List all the places that make you feel safe

Place	
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Place	
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Place	
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**Who are the people I can contact to ask for help?** List some of the people you trust and you can ask for help

Name	Contact

**What agencies/professionals can help me?** List some professionals/organizations you can contact during crisis

Name of professional or agency	Contact number and location

**How can I make my environment safe?** List the things/steps you can take to make your environment safe

**What makes me happy?** Name some of the things that make your life worth living.