

My Safety Plan

A one-page plan you build on a good day, so a bad moment does not have to do the thinking.



Name (optional) _____

Date _____

Make this plan while you are okay

Fill this out in a calm moment, when your head is clear. That is when you have access to your best thinking, and a plan written by that version of you is exactly what the overwhelmed version needs. If you can, build it together with a professional (a counselor, doctor, or the 988 Lifeline can help you), or with someone you trust. Plans built with another person are stronger, and telling someone you have one is itself a protective step.

Then keep it close: a photo on your phone, a copy in your wallet, one on the fridge. A safety plan only works if it is easier to find than the crisis is to have.

Reach for it the moment you are not

The moment you notice your warning signs (step 1), get this page out and start at step 2. Work down the steps **in order**, and stay with each one until it has had a real chance to work. You can stop at whichever step brings you back to steady. Many crises pass at step 2 or 3; that still counts as the plan working.

And there is no rule that says you must climb the ladder one rung at a time. If the moment is severe, skip straight to 988 or to another human being. Reaching out early is not overreacting; it is the plan.

If you are in danger right now: call or text **988** (Suicide and Crisis Lifeline, free, 24/7), chat at 988lifeline.org, go to the nearest emergency room, or call 911. Do not wait to finish reading this page.

1 My warning signs

The earliest signals that a crisis may be building: thoughts, images, moods, situations, behaviors. Examples: I stop answering texts, everything feels pointless, I start thinking people would be better off without me. Knowing your signs is what tells you when to pick this plan up.

2 Things I can do by myself to get through the next hour

Internal coping: things that take your mind somewhere else without needing another person. Examples: a walk, a shower, music that moves you, the NOTICE grounding session at omnipsyche.org/notice, lifting something heavy, a game that demands your whole attention.

3 People and places that give me somewhere to be

Not to talk about the crisis, just to be around life: a friend you can sit with, a coffee shop, the gym, a library, a family kitchen. Social settings are distraction with a heartbeat.

Name
Name
Name

Phone or how to reach them
Phone or how to reach them
Phone or how to reach them

4 People I can ask for help

The short list of people you can actually say "I am not okay" to. Tell them now, on the good day, that they are on this list. That one conversation makes the hard call ten times easier later.

Name
Name
Name

Phone or how to reach them
Phone or how to reach them
Phone or how to reach them

5 Professionals and services I can contact

Your treatment provider if you have one, and the services that are always awake. If you do not have a provider yet, finding one is the single strongest move on this page; 988 can also help connect you to local care.

Suicide and Crisis Lifeline (24/7)

Call or text 988

Nearest emergency room

Name
Name

Location
Phone or how to reach them
Phone or how to reach them

6 Making my surroundings safe

If you have a method in mind, put distance between yourself and it now, while you are okay: give it to someone you trust to hold, lock it up, or remove it from the house. Ask someone to help you with this step; that is what step 4 people are for. Time and distance save lives.

The one thing that is most important to me and worth living for

The wallet card

A safety plan you carry beats one in a drawer. Copy the essentials from your finished plan onto this business-card version, cut out both rectangles along the dashed lines, fold them back to back (or glue them), and keep the card in your wallet or phone case.

MY SAFETY PLAN

OMNIPSYCHE

MY WARNING SIGNS

TO STEADY MYSELF

WORTH LIVING FOR

MY SAFETY PLAN

OMNIPSYCHE

CALL OR BE WITH

PROFESSIONAL OR SERVICE

Crisis, right now: call or text 988 (24/7)
988lifeline.org chat · 911 or the nearest emergency room

You are not meant to carry this alone. A safety plan is a bridge, not a destination: the destination is real support. If you are not already working with a mental health professional, make that call this week, and let one person from step 4 know this plan exists. Connection is not a nice-to-have here; it is the treatment.

Adapted from the Safety Planning Intervention by Barbara Stanley, Ph.D. and Gregory K. Brown, Ph.D. Michael C. Shedrick, M.S., PLPC, NCC. This worksheet is for educational and informational purposes only. It is not therapy, not a substitute for professional diagnosis or treatment, and completing it does not create a counselor-client relationship. If you are in crisis, call or text 988 (Suicide and Crisis Lifeline). Free mental health education and tools: omnipsyche.org