

# Safety Plan

INeedASocialWorker.com - Social Work Form Template

*A collaborative plan of warning signs, coping strategies, and supports to stay safe during crisis.*

## Warning Signs

Thoughts, feelings, or situations that signal a crisis:

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## Internal Coping Strategies

Things I can do on my own:

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## People & Places for Support

People I can contact:

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Safe places / social settings:

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## Professional & Emergency Contacts

Clinician / crisis line:

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988 Suicide & Crisis Lifeline:

[ ] Client aware they can call or text 988

## Making the Environment Safe

Steps to reduce access to means:

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