



Safety Plan

Step 1: Warning signs (thoughts, images, mood, situation, behavior) that a crisis may be developing:

- 1. _____
2. _____
3. _____

Step 2: Internal coping strategies – Things I can do to take my mind off my problems without contacting another person (relaxation technique, physical activity):

- 1. _____
2. _____
3. _____

Step 3: People and social settings that provide distraction:

- 1. Name _____
2. Name _____
3. Place _____

Step 4: People whom I can ask for help:

- 1. Name: _____ Phone: _____
2. Name: _____ Phone: _____
3. Name: _____ Phone: _____

Step 5: Professionals or agencies I can contact during a crisis:

- 1. Clinician Name _____ Phone: _____

How I will alert the Clinician I am in crisis: _____

- 2. Phone Crisis Lines:
Agora Crisis Center: 505-277-3013 or 1-866-HELP-1-NM
AA Hotline: 505-266-1900
Suicide Prevention Lifeline Phone: 1-800-273-TALK (8255)
Crisis Assistance Listening Line: 1-866-314-6841
Domestic Violence: NMC Advocacy 246-9240
911

Step 6: Making the environment safe:

- 1. _____
2. _____

Step 7: Having followed the Safety Plan, what will I do I am still in a crisis:

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

I acknowledge that I have reviewed and agreed to my safety plan:

Client Signature if 14 years or older Date Clinician/Witness Signature Date

Revised 7/25/2015