Safety Plan for:

Date:

Step 1: I can do the following things to take care of myself in moments of distress:

1.

2.

3.

I will avoid/remove the following situations/ people/things to keep my environment safe:

1.

2.

Reasons for living:

1.

2.

3.

Step 2**:** I can contact the following people/agencies for help:

1.

2.

3.

4. Call

\_\_\_National Suicide Prevention Lifeline: 800-273-8255

\_\_\_ Crisis Link: 703-527-4077

 \_\_\_ CAPS (daytime and after-hours): 703-993-2380

 \_\_\_ Specific resource:

5. Text

\_\_ Crisis Link: text CONNECT to 85511

\_\_ Crisis Line: text HOME to 741741

6. Visit

\_\_ CAPS in SUB 1, Suite 3129

 \_\_ Local Emergency Room