

Provider and client complete Suicide Safety Plan together and both keep a copy. Plan can be updated and changed as needed when new information is learned in creating safety.

## Step 1. Warning sign (that I might be headed toward a crisis and the Safety Plan should be used):

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

## Step 2. Internal coping strategies (things I can do to distract from my thoughts without contacting another person):

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

## COUNSELING

## Step 3. People, places and social settings that provide healthy distraction (and help me feel better):

- Name and phone number: \_\_\_\_\_
- Name and phone number: \_\_\_\_\_
- Place or social setting: \_\_\_\_\_
- Place or social setting: \_\_\_\_\_

## Step 4: People I can contact to ask for help (family member, friends and co-workers):

- Name and phone number: \_\_\_\_\_
- Name and phone number: \_\_\_\_\_
- Name and phone number: \_\_\_\_\_
- Name and phone number: \_\_\_\_\_



Step 5. Professionals or agencies that can help me during a crisis:

Clinician/Agency (Name, phone, pager, emergency contact number):

\_\_\_\_\_

Clinician/Agency (Name, phone, pager, emergency contact number):

\_\_\_\_\_

Local Emergency Department/ Walk-in Clinic( Name, phone, location/address):

\_\_\_\_\_

Other (Name, phone, pager, location, emergency contact number):

\_\_\_\_\_

**National Suicide & Crisis Lifeline:** Dial or text 988 or live chat at <https://988lifeline.org/talk-to-someone-now/> for 24/7 crisis support in English and Spanish.

**Suicide & Crisis Support for Military:** Dial 988 or text 838255.  
**Support for Deaf and Hard of Hearing:** <https://988.asnnow.io/phones/100030001/>



**Colorado Crisis Services**

1-844-493-8255

Text “talk” to 38255

For Colorado walk-in clinic locations: <https://coloradocrisiservices.org/#map>

Step 6: Making my environment safe (plans for removing or limiting access to lethal means):

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

Step 7: My reasons for living (things that are most important to me and worth living for):

- |          |          |
|----------|----------|
| 1. _____ | 4. _____ |
| 2. _____ | 5. _____ |
| 3. _____ | 6. _____ |

Reference: Stanley, B. & Brown, G. K. (2012). Safety planning intervention: A brief intervention to mitigate suicide risk. Cognitive and Behavioral Practice, 19, 256–264. Updated April 2020 by the Psychological Health Center of Excellence.

Reference: Department of Veterans Affairs and Department of Defense