



_____’s Safety Plan

WARNING SIGNS – *Thoughts, images, mood, situation, behaviors that a crisis may be developing*

1. _____
2. _____
3. _____

COPING STRATEGIES – *Take my mind off the problem (breath work, grounding, going for a walk, etc.)*

1. _____
2. _____
3. _____

SELF-TALK – *What can I tell myself during a crisis? What would I tell a family member or a friend?*

1. _____
2. _____
3. _____

DISTRACTION – *People, places, and things that help distract me*

1. _____
2. _____
3. _____

WHAT COULD OTHERS DO TO HELP?

1. _____
2. _____
3. _____

HELP – *People I personally know and trust whom I can call for help (family, friends, teachers, neighbors, etc.)*

1. (name/phone) _____
2. (name/phone) _____
3. (name/phone) _____

PROFESSIONAL HELP – *Professionals and agencies that I can contact for help*

1. **Olympia Pediatrics (360) 413-8470**
PCP: _____ Behavioral Health Provider: _____
2. **Other Providers (therapist, psychologist, psychiatrist, etc.)**
(name/number) _____
(name/number) _____

Suicide Prevention Lifeline

Call 1-800-273-TALK (8255)

Crisis Clinic of Thurston County

(360) 586-2800

WA Listens

1-833-681-0211

24/7 Youth HelpLine

(360) 586-2777

988 Suicide and Crisis Lifeline

Call 9-8-8

Crisis Text Line

Text “HOME” 741-741

SAFETY – *How can I make my environment safe? (Removing sharps, surrounding self with others, etc.)*

1. _____
2. _____
3. _____

THE ONE THING THAT IS MOST IMPORTANT TO ME AND WORTH LIVING FOR IS:

Crisis & Safety Resources

How to make a SAFE environment:

- Remove objects that could be used for self-harm
 - Remove all firearms from the home
 - Lock ALL prescription and over-the-counter medications
 - Remove or lock all alcohol, marijuana, and illegal drugs
 - Remove or lock all sharp objects, such as knives, razors, scissors
 - Remove or lock ropes, cords, or other potential choking hazards
 - Limit access to vehicles as appropriate
- Plan to have someone available to always support and monitor person during and after a crisis
- Provide access to things person in crisis identifies as helpful and encourage healthful behaviors such as good nutrition and adequate rest
- Avoid further triggers (people, situations, etc.) when possible, during a crisis

Additional Resources:

- **Mary Bridge Children's Hospital – Emergency Department**
(253) 403-1400
317 Martin Luther King, Jr. Way Tacoma, WA 98405
- **Thurston County Children's Mobile Crisis Services**
(360) 480-5721
Mental health crisis services, including the dispatch of mobile crisis outreach teams, staffed by mental health professionals and certified peer counselors
- **Thurston/Mason Crisis Services**
(360) 754-1338 or (800) 270-0041
- **Teen Link (Call or Text)**
1-866-TEENLINK (833-6546)
Free crisis services for teens provided by Crisis Connections.
See teenlink.org for more details on services and hours.
- **The Trevor Project**
Text "START" to 678678 or Call 1-866-488-7386
Free confidential crisis counselors for LGBTQ young people
- **Washington's Mental Health Referral Service for Children and Teens**
(833) 303-5437
Free, telephone-based referral service that connects patients and families with evidence-supported outpatient mental health services in their community. **NOT A CRISIS LINE.**