

What are at least three warning signs that I am in crisis? (thoughts, feelings, moods, situations, behavior):

1. _____

2. _____

3. _____

What items should I remove from my environment to ensure safety? (e.g., alcohol, guns, prescription medications):

1. _____
2. _____
3. _____

What can I add into my environment to increase a sense of safety? (e.g., candles, photos of a loved one, inspirational quotes):

1. _____

2. _____

3. _____

What are at least three social spaces I consider safe that I can go to?

1. _____
2. _____
3. _____

People who I consider safe, and if necessary, I can ask for help:

- | | |
|-------------|---------------------|
| name: _____ | phone number: _____ |
| name: _____ | phone number: _____ |
| name: _____ | phone number: _____ |
| name: _____ | phone number: _____ |
| name: _____ | phone number: _____ |

In the case of a crisis, the professionals or agencies to contact are:

- | | |
|-----------------------------------|---------------------|
| therapist/clinician: _____ | phone number: _____ |
| guardian/emergency contact: _____ | phone number: _____ |
| local emergency service: _____ | phone number: _____ |