

My Plan for Safety/Recovery/Support

Name: _____

Grade: _____

Date: _____

Step 1: Warning signs (thoughts, images, mood, situations, behavior) that a crisis may be developing: How does your body feel? What are the thoughts in your head?

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, social settings, and activities that provide distraction:

Name: _____ Phone: _____

Name: _____ Phone: _____

Place: _____ Place: _____

Activity: _____ Activity: _____

Step 4: People whom I can ask for help: At Home, At School, and In the Community

1. Name: _____ Phone: _____

2. Name: (Adult) _____ Phone: _____

3. Name: (Adult) _____ Phone: _____

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

Therapist, Name: _____ Phone: _____

Emergency Contact, Name: _____ Phone: _____

Maine Crisis Hotline—1-888-568-1112

Suicide Prevention Lifeline Phone: 1-800-273-TALK (8255) Police: 911

Other: _____

Step 6: Making the environment safe:

1. _____

2. _____

Staff Signature: _____ **Date** _____

(MH/Counselor)

Student Signature: _____ **Date** _____

Parent/ Guardian: _____ **Date** _____

Follow up Meeting:

Date _____ **Time** _____

Review Dates: _____