Step 1: Warning signs (thoughts, images, mood, situation, behavior) that a crisis may be developing:

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 and social settings that provide distraction:

1. Name________________________________ Phone____________________________
2. Name________________________________ Phone____________________________
3. Place__________________________________________ 4. Place____________________

Step 4: People whom I can ask for help:

1. Name________________________________ Phone____________________________
2. Name________________________________ Phone____________________________
3. Name________________________________ Phone____________________________

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

1. Clinician Name________________________________ Phone________________
   Clinician Pager or Emergency Contact # _________________________________
2. Clinician Name________________________________ Phone________________
   Clinician Pager or Emergency Contact # _________________________________
3. Local Urgent Care Services
   Urgent Care Services Address__________________________________________
   Urgent Care Services Phone____________________________________________
4. Suicide Prevention Lifeline Phone: 1-800-273-TALK (8255)

Step 6: Making the environment safe:

1. 
2. 

The one thing that is most important to me and worth living for is:

__________________________________________________________________________