



## Safety Plan

\_\_\_\_\_  
Client Name

A. When I start to feel emotionally distressed, five healthy things that I can do to soothe myself and manage my emotions are:

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

B. When I start to feel like I might act on an unsafe behavior (e.g., self-harm, suicidal behavior), five things I can do to prevent the behavior are:

1. Create a safe environment:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2. Remind myself of at least 2 reasons for living and recovering:

\_\_\_\_\_  
\_\_\_\_\_

3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

C. In the event of an emotional crisis or emergency away from The Highlands people I trust and will call include:

Name: \_\_\_\_\_ Relationship to you: \_\_\_\_\_

Phone number(s): \_\_\_\_\_ Address: \_\_\_\_\_

Name: \_\_\_\_\_ Relationship to you: \_\_\_\_\_

Phone number(s): \_\_\_\_\_ Address: \_\_\_\_\_

D. I agree that after I have followed through on the above emotionally regulating self-care techniques, if things are still difficult for me and I believe I might hurt myself, I will:

1. Call \_\_\_\_\_ or
2. Call the Alabama Crisis Center: 205-323-7777 or National Helpline: 1-800-273-TALK or
3. Contact the local police (phone number): \_\_\_\_\_ or
4. Take myself, or ask a friend or family member, to take me to the nearest emergency room. Possible locations include the following:

<u>Hospital Name</u>	<u>Address</u>	<u>Phone</u>
Brookwood Medical Center	2010 Brookwood Medical Center Dr.	(205) 877-1930
St. Vincent's Medical Center	810 St. Vincent's Drive, Bham	(205) 939-7100
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