

# SAFETY PLAN

Mental health crises can happen without warning. When you or a loved one reaches a point of crises, it can be difficult to communicate what needs to happen to ensure everyone's safety and recovery. Taking the time to prepare a safety plan now and sharing it with trusted individuals can protect your future well-being.

\*  
ADAPTED FROM THE 988 LIFELINE

**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 healthy distraction:

- 1) Name \_\_\_\_\_ Phone \_\_\_\_\_
- 2) Name \_\_\_\_\_ Phone \_\_\_\_\_
- 3) Place \_\_\_\_\_ 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/ emergency contact # \_\_\_\_\_
- 2) Clinician name \_\_\_\_\_ Phone \_\_\_\_\_  
Clinician pager/ emergency contact # \_\_\_\_\_
- 3) Local urgent care services \_\_\_\_\_  
Urgent care services address \_\_\_\_\_  
Urgent care services phone \_\_\_\_\_
- 4) 988 Suicide & Crisis Lifeline: Call or text 988

**STEP 6:** Ways to make my environment safe:

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_

**STEP 7:** Something that is most important to me and worth living for is:

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

# YOU'RE ALWAYS WELCOME HERE



Omaha ForUs is a space for LGBTQ+ people to connect with resources and each other, but you don't have to use one of our services or programs to be welcomed here. Visit us any time during business hours.

## **TUESDAY-THURSDAY**

1 - 8 p.m.

## **FRIDAY-SATURDAY**

10 a.m. - 3 p.m.

## **SUNDAY-MONDAY**

Closed

