

Patient Safety Plan

Step 1: Steps I will take to make my environment safe:

- 1. _____
- 2. _____

Step 2 Warning signs (thoughts, images, mood, situation, behavior) that I might not be doing well:

- 1. _____
- 2. _____
- 3. _____

Step 3: Coping strategies – Things I can do to take my mind off my problems without contacting another person

- 1. _____
- 2. _____
- 3. _____

Step 4: Distractions - people and social settings that provide distraction and help me feel better

- :
- 1. Name _____ Phone _____
 - 2. Name _____ Phone _____
 - 3. Place _____ 4. Place _____

Step 5: People whom I can approach and ask for help:

- 1. Name _____ Phone _____
- 2. Name _____ Phone _____
- 3. Name _____ Phone _____

Step 6: Professionals or agencies I can contact during a crisis:

- 1. Clinician Name _____ Phone _____
Clinician Emergency Contact # _____
- 2 Clinician Name _____ Phone _____
Clinician Emergency Contact # _____
- 3. Local Urgent Care Services _____
Urgent Care Services Address _____

Fond du Lac County Crisis Line: 920- 929 – 3535
National Suicide Hotline (English or Spanish Vets too –) 1 – 800 – 784 – 2433 on-line instant messaging
National Suicide Prevention Lifeline Call 1-800-273-8255 to talk

One thing that makes life worth living for me: _____