STEP 1: WARNING SIGNS:
1. 
2. 
3. 

STEP 2: INTERNAL COPING STRATEGIES – THINGS I CAN DO TO TAKE MY MIND OFF MY PROBLEMS WITHOUT CONTACTING ANOTHER PERSON:
1. 
2. 
3. 

STEP 3: PEOPLE AND SOCIAL SETTINGS THAT PROVIDE DISTRACTION:
1. Name: ___________________________ Contact: ___________________________
2. Name: ___________________________ Contact: ___________________________
3. Place: ___________________________ 4. Place: ___________________________

STEP 4: PEOPLE WHOM I CAN ASK FOR HELP DURING A CRISIS:
1. Name: ___________________________ Contact: ___________________________
2. Name: ___________________________ Contact: ___________________________
3. Name: ___________________________ Contact: ___________________________

STEP 5: PROFESSIONALS OR AGENCIES I CAN CONTACT DURING A CRISIS:
1. Clinician/Agency Name: _______________ Phone: __________________________
   Emergency Contact: __________________________
2. Clinician/Agency Name: _______________ Phone: __________________________
   Emergency Contact: __________________________
3. Local Emergency Department: ____________________________________________
   Emergency Department Address: ____________________________________________
   Emergency Department Phone: _____________________________________________
4. Suicide Prevention Lifeline Phone: 1-800-273-TALK (8255)

STEP 6: MAKING THE ENVIRONMENT SAFER (PLAN FOR LETHAL MEANS SAFETY):
1. 
2. 

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