

FORM 13-3

STUDENT SAFETY PLAN TEMPLATE

FORM TO BE COMPLETED BY: School Counselor

SAFETY PLANS WORK

There is Hope.



1 Write 3 warning signs that a crisis may be developing.

2 Write 3 internal coping strategies that can take your mind off your problems.

3 Who/What are 3 people or places that provide distraction?
(Write name/place and phone numbers)

Phone _____

Phone _____

Phone _____

4 Who can you ask for help? (Write name/place and phone numbers)

Phone _____

Phone _____

Phone _____

5 Professionals or agencies you can contact during a crisis:

Clinician _____ Phone _____

Local Urgent Care or Emergency Department:

Address _____ Phone _____

Text or call 988 or chat 988lifeline.org

6 Write out a plan to make your environment safer.
(Write 2 things)



988
SUICIDE & CRISIS
LIFELINE