

## SAFETY PLAN TEMPLATE\*

This safety plan is designed for use before or during a suicidal crisis. This form should be filled out in the Veteran's own words, preferably with the help of a loved one, a trusted adviser, or a mental health professional. If this is your plan, please keep it with you at all times so you have support whenever you need it, and share a copy with family members or friends you trust.

### STEP 1: RECOGNIZING WARNING SIGNS

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These are my warning signs that things are starting to feel out of control.

**Sometimes these warning signs are connected to my thoughts of suicide:**

Thoughts: \_\_\_\_\_

Feelings: \_\_\_\_\_

Behaviors: \_\_\_\_\_

Symptoms: \_\_\_\_\_

### STEP 2: USING INTERNAL COPING STRATEGIES

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When I notice these warning signs, these are things that I can do on my own to help make sure I do not act on my suicidal thoughts or urges.

**These are things that help calm me or distract me from my thoughts:**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**It is also important for me to consider:**

"Is there anything that might stand in the way of using these coping strategies when I am in crisis?"

#### STEP 4: PEOPLE WHOM I CAN ASK FOR HELP IF DISTRACTION ALONE DOESN'T FULLY WORK

When I need to talk about how I'm feeling, I will contact the people in my life who care about me, are supportive, and want to help.

Those people are:

1. Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_
2. Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_
3. Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

#### STEP 5: PROFESSIONALS OR AGENCIES I CAN CONTACT DURING A CRISIS

When I need to talk to a mental health professional or other provider, I will call one:

1. Therapist/Clinician Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_
2. Primary Care Provider: \_\_\_\_\_ Phone Number: \_\_\_\_\_
3. VA Suicide Prevention Resource Coordinator Name: \_\_\_\_\_  
VA Suicide Prevention Resource Coordinator Phone: \_\_\_\_\_
4. Veterans Crisis Line: 1-800-273-8255, press 1
5. Local Urgent Care Services: \_\_\_\_\_  
Urgent Care Services Address: \_\_\_\_\_  
Urgent Care Services Phone Number: \_\_\_\_\_

#### STEP 6: MAKING THE ENVIRONMENT SAFE

To help keep myself safe, I will remove or safely store things I could use to hurt myself.

This is my plan to remove or safely store the following items: [complete all that apply]

Firearms: \_\_\_\_\_

Medications: \_\_\_\_\_

Household toxins/poisons: \_\_\_\_\_

Sharp or other dangerous objects: \_\_\_\_\_

Who can help keep these items safe and securely stored? \_\_\_\_\_

\*Adapted from Stanley & Brown's (2008) *Safety Plan Treatment Manual to Reduce Suicide Risk: Veteran Version*

Should a crisis escalate to a point where I need immediate assistance, I will call the  
**Veterans Crisis Line • 1-800-273-8255 Press 1 • or dial 911**

Confidential crisis chat at [VeteransCrisisLine.net](http://VeteransCrisisLine.net) or text to 838255