

## Safety Planning

This plan belongs to: \_\_\_\_\_ DOB: \_\_\_\_\_ Date of Plan: \_\_\_\_\_

This plan is developed by: \_\_\_\_\_

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 techniques, physical activity, hobbies)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Step 3: People and social settings that provide a healthy distraction:

1. Name \_\_\_\_\_ Phone \_\_\_\_\_
2. Name \_\_\_\_\_ Phone \_\_\_\_\_
3. Name \_\_\_\_\_ Phone \_\_\_\_\_
4. Place \_\_\_\_\_
5. 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. My Therapist \_\_\_\_\_ Phone \_\_\_\_\_
2. My Doctor \_\_\_\_\_ Phone \_\_\_\_\_
3. Other \_\_\_\_\_ Phone \_\_\_\_\_
4. Other \_\_\_\_\_ Phone \_\_\_\_\_
5. The Human Service Center (M-F 8-4:30) 715-369-2215
6. Mental Health Crisis Line: 1-888-299-1188
7. The Police 911

Step 6: Making the environment safe:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Medications that I take: \_\_\_\_\_

The one thing that is the most important to me and worth living for it: \_\_\_\_\_

## **CRISIS/SUPPORT HOTLINES**

### **General Mental Health Crisis Intervention Line: 1-888-299-1188**

A free, confidential 24-hour, 7 days a week crisis line

**Text "HOPELINE" to 741741** Visit [www.centerforsuicideawareness.org](http://www.centerforsuicideawareness.org))

### **Suicide Prevention Line: 1-800-273-8255**

**Kids in Need (KIN): 1-800-622-9120** (Adolescent Hotline) Rhinelander: 715-365-7003

### **Veterans Crisis Line: 1-800-273-8255 Press 1**

Chat online at [VeteransCrisisLine.net](http://VeteransCrisisLine.net) Or TEXT to **838255**

### **VORP: Veterans Outreach and Recovery Program**

Veterans at risk of being homeless or who are homeless or need assistance

Outreach specialist, Mike Crum 608-381-0907

### **Tri- County Council on Domestic Violence & Sexual Assault**

#### **1-800-236-1222 (24-hour hot line)**

Rhineland (locations in Forest/Vilas Co.): 715-362-6841 / Eagle River: 715-479-2912

Statewide Domestic Abuse/Sexual Abuse: 1-800-236-7660

Lac du Flambeau Domestic Abuse: 715-588-7660

**Parent Stressline: 608-241-2221** Free, confidential, anonymous- 6PM-Midnight Daily

**Solstice Warmline: 1-608-422-2383** Monday-Friday 4pm-10pm Saturday/Sunday: 2pm-10pm

For people struggling with mental illness, AODA issues, or just need to talk to someone

**911-** If you are experiencing an emergency. An emergency is any situation that requires immediate assistance from the police, fire department or ambulance.

### **Websites**

- <https://www.nami.org/>
- <https://www.samhsa.gov/>
- <http://teenmentalhealth.org/>
- <https://www.mentalhealth.gov/>
- <https://www.mhawisconsin.org/>
- <https://www.dhs.wisconsin.gov/mh/hccindex.htm>
- <http://cssrs.columbia.edu/>
- <http://www.iwanttochangemylife.org>

### **Apps for smartphones**

- SAMHSA (full of information regarding mental health and resources)
- Calm Harm (helps divert someone from using self-harm as a coping skill)
- Code Blue (provides teens struggling with depression and anxiety support when they need it)
- Breathe2relax (helps control anxiety, stress, anger using breathing exercises)
- Optimism (variety of tracking tools within this app to assist with tracking mental health symptoms, patterns, triggers, that can be used to create a wellness plan within the app)