



Personal Safety Plan

Participant Name: _____

Date: _____

What are the signs that I might be in a “bad” or dangerous place for myself or others?

- 1.
- 2.
- 3.

Things I can do myself to take my mind off my problems :

- 1.
- 2.
- 3.

People who can help distract me if I’m feeling unsafe:

1. Name _____ Phone # _____
2. Name _____ Phone # _____
3. Name _____ Phone # _____

Places I can go to take my mind off things:

1. Place _____
2. Place _____
3. Place _____

Things I can do to make the area around me safe:

- 1.
- 2.
- 3.

Professionals or agencies I can contact during a crisis:

In an emergency, call 911

1. Name _____ Phone # _____
2. Name _____ Phone # _____
3. Your Agency's On Call # 000-000-0000 Dial Extension _____ for Team/Department/etc. _____
4. Local Crisis Response Center: _____
5. Preferred Crisis Response Center: _____
6. Warmline 1-855-507-WARM (9276) Peer helpline to talk to people who can relate to you
7. Crisis Intervention Hotline 215-686-4420 (local) Anxiety, stress, or substance use crisis helpline
8. Suicide Prevention Lifeline 1-800-273-TALK (8255) If you are thinking about suicide or feel hopeless.
9. Philadelphia Domestic Violence Hotline 1-866-723-3914 Helpline if there is violence in your relationship.

Steps for what to do when feeling bad and might need support.

Order them in level of your need. It is okay to skip steps but it might be helpful to figure out what is happening with you to know when to skip forward.

Please keep this in a place where you can easily access it.

With your permission, your team may also keep a copy for reference and update.