

# MY SAFETY PLAN

Please follow the steps described below on your safety plan.

If you are experiencing a medical or mental health emergency, please call 911 at any time.

If you are unable to reach your safety contacts or you are in crisis, call the Veterans Crisis Line at **1-800-273-8255 (press 1)**.

## Step 1: Triggers, Risk Factors, and Warning Signs

Signs that I am in crisis and that my safety plan should be used:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

## Step 2: Internal Coping Strategies

Things I can do on my own to distract myself and keep myself safe:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

## Step 3: People and Social Settings that Provide Distraction

Who I can contact to take my mind off my problems/help me feel better:

- |                |              |
|----------------|--------------|
| 1. Name: _____ | Phone: _____ |
| 2. Name: _____ | Phone: _____ |
| 3. Name: _____ | Phone: _____ |
| 4. Name: _____ | Phone: _____ |
| 5. Name: _____ | Phone: _____ |

Public places, groups, or social events that help me feel better:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

## Step 4: Family Members or Friends Who May Offer Help

Who I can tell that I am in crisis and need support:

- |                |              |
|----------------|--------------|
| 1. Name: _____ | Phone: _____ |
| 2. Name: _____ | Phone: _____ |
| 3. Name: _____ | Phone: _____ |
| 4. Name: _____ | Phone: _____ |
| 5. Name: _____ | Phone: _____ |
| 6. Name: _____ | Phone: _____ |

## Step 5: Professionals and Agencies to Contact for Help

Mental Health professionals or services I can contact for help:

- |                |              |
|----------------|--------------|
| 1. Name: _____ | Phone: _____ |
| 2. Name: _____ | Phone: _____ |
| 3. Name: _____ | Phone: _____ |
| 4. Name: _____ | Phone: _____ |

**Veterans Crisis Line:** 1-800-273-8255, press 1

**VCL Text Messaging Service:** Text to 838255

**VCL Chat:** <https://www.VeteransCrisisLine.net/Chat>

**Dial 911 in an emergency**

If I need to go to an emergency room or urgent care,

I will go to: \_\_\_\_\_

ER Address: \_\_\_\_\_

ER Phone: \_\_\_\_\_

## Step 6: Making the Environment Safe

These are the ways I will make my environment safer and barriers I will use to protect myself from lethal means:

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These are the people who will help me protect myself from having access to dangerous items:

- |                |              |
|----------------|--------------|
| 1. Name: _____ | Phone: _____ |
| 2. Name: _____ | Phone: _____ |

## Other Resources:

Virtual Hope Box Smartphone App

[www.MakeTheConnection.net](http://www.MakeTheConnection.net)

My3 Safety Plan Smartphone App

[www.VetsPrevail.org](http://www.VetsPrevail.org)