

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:

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

My3 Safety Plan Smartphone App

www.VetsPrevail.org