



## Client Safety Plan

1. Know when to get help:
  - a. What are the warning signs that you are beginning to struggle with your problem? These can include feelings, thoughts, or behaviors.

2. Coping Skills:
  - a. What can you do, by yourself, to take your mind off your problem? What obstacles might there be to using these coping skills?

3. Support Team: (people who you can ask for help)

Name	Contact Info

4. Professionals or Agencies you can contact for help:
  - a. If your problems persists, or if you have suicidal thoughts, reach out to your professional support system.

5. Safe environment:
  - a. What feels safe to you? Where can you go?

Local emergency number:	
Professional or Agency:	
Suicide hotlines in the United States	1-800-SUICIDE 1-800-273-TALK 1-800-799-4889 (for deaf or hard of hearing)