



New Pathways Psychotherapy, PLLC.

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Safety Plan Worksheet

This plan helps you stay safe during moments of crisis.

1. **Warning Signs** (List thoughts, feelings, physical sensations, or situations that signal a crisis is building):
2. **Internal Coping Strategies** (Things you can do by yourself to calm or distract):
3. **People & Social Settings That Provide Distraction** (Name / Phone / Place):
4. **People to Ask for Help** (Name / Phone):
5. **Making the Environment Safe** (Remove or secure items, create a safe space):
6. **Professional & Emergency Resources**
 - 988 Suicide & Crisis Lifeline (call or text)
 - Local Emergency: 911
 - Therapist: _____ Phone: _____

Client Signature: _____ Date: _____