

Safety Plan Template: Adult

Triggers

1.

2.

3.

4.

5.

Warning signs (thoughts, images, situations, behaviors)

1.

2.

3.

4.

5.

Coping skills (things I can do on my own)

1.

2.

3.

4.

5.

Support system (people whom I can ask for help)

1.

2.

3.

4.

5.

Professionals or agencies (who to contact in a crisis/where to go in a crisis)

1.

2.

3.

4.

5.

Therapist and client discussed this safety plan, and the client agreed to plan on \_\_\_\_\_\_\_\_\_\_\_\_ (date).
A copy was provided to the client.