

Safety Plan Template: Child/Adolescent

Triggers
These are situations, people, or things that make me feel upset, angry, sad, anxious, and/or uncomfortable.

1.

2.

3.

4.

5.

Warning signs

I know I need to use my coping skills when I notice these warning signs (mood, behavior, situations, thoughts, images).

1.

2.

3.

4.

5.

Coping skills

Things I can do to help calm myself down or feel better.

1.

2.

3.

4.

5.

Adult support

Adults at home or school I feel safe around, and can talk to when I am upset.

1.

2.

3.

4.

5.

Professional support

Who I should contact in a crisis or where I should go in a crisis. OR Who a parent/legal guardian should contact in a crisis situation. Where a parent/legal guardian should take a child/adolescent in a crisis situation.

1.

2.

3.

4.

5.

Therapist and client discussed this safety plan, and the client agreed to plan on \_\_\_\_\_\_\_\_\_\_\_\_ (date). The plan was also reviewed with the client’s parent/guardian. A copy was provided to the client and/or guardian.