Patient Safety Plan

Collateral/Family:	Name:	Date Completed:
1	Collateral/Family:	Clinician:
1	Step 1: Triggers & Stressors (behavio	rs. situations and circumstances that put you at emotional risk):
2		
Step 2: Warning signs (thoughts, images, mood, situation, behavior) that a crisis may be developing: 1		
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1		
2		
3Step 3: Internal coping strategies – Things I can do to take my mind off my problems without contacting another person (relaxation technique, physical activity): 1		
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1		
2	another person (relaxation technique	e, physical activity):
2	1	
Step 4: People and social settings that provide distraction: 1. Name		
1. Name Phone Phon	3	
2. Name	Step 4: People and social settings that	at provide distraction:
3. Place	1. Name	Phone
Step 5: People whom I can ask for help: 1. Name Phone 2. Name Phone 3. Name Phone Step 6: Professionals or agencies I can contact during a crisis: 1. Clinician Name Phone Clinician Pager or Emergency Contact # 2. Clinician Name Phone Clinician Pager or Emergency Contact # 3. Suicide Prevention Lifeline Phone 1-800-273-TALK (8255) or call Sacramento County Line (916) 368-311: 4. Text "CONNECT" TO 7417415. 5. Call 911 or go to Local Emergency room: Step 7: Making the environment safe: 1 2	2. Name	Phone
1. Name Phone Phone Phone Phone Phone Phone Phone Phone Step 6: Professionals or agencies I can contact during a crisis: 1. Clinician Name Phone Suicide Prevention Lifeline Phone 1-800-273-TALK (8255) or call Sacramento County Line (916) 368-311: 4. Text "CONNECT" TO 7417415. 5. Call 911 or go to Local Emergency room: Step 7: Making the environment safe: 1 2 2 2 2 2 2 2 2 2 2 2 2	3. Place	4. Place
2. Name	Step 5: People whom I can ask for he	ılp:
3. Name Phone Phon	1. Name	Phone
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Clinician Pager or Emergency Contact # Phone Phone Phone Phone Phone Phone Clinician Pager or Emergency Contact # 3. Suicide Prevention Lifeline Phone 1-800-273-TALK (8255) or call Sacramento County Line (916) 368-3113 4. Text "CONNECT" TO 7417415. 5. Call 911 or go to Local Emergency room: Step 7: Making the environment safe: 1 2	Step 6: Professionals or agencies I ca	n contact during a crisis:
2. Clinician Name Phone Clinician Pager or Emergency Contact # 3. Suicide Prevention Lifeline Phone 1-800-273-TALK (8255) or call Sacramento County Line (916) 368-31134. Text "CONNECT" TO 7417415. 5. Call 911 or go to Local Emergency room: Step 7: Making the environment safe: 1 2	1. Clinician Name	Phone
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Step 7: Making the environment safe: 1 2	4. Text "CONNECT" TO 7417415.	
1	5. Call 911 or go to Local Emergency	room:
2	Step 7: Making the environment safe	: :
2	1	

^{**} Give copy to client, family members & put copy in chart **