

Safety Planning Guide

1. Recognize warning signs

- What are some things that make you upset?
- How do you feel before you get upset?
- Emotions, actions, thoughts

1. Identify internal coping skills

- Hobbies
- Exercise
- Use relaxation techniques (focused breathing, meditation, repetitive prayer/saying/mantra)

1. People and social settings that provide distractions

- What are some places (healthy) you go when you are upset?
- Who are some people you can talk to about your feelings?

1. Professionals service or agencies

- Have you thought about talking with a counselor before? Or could you connect with one you were using previously?
- Is there a support group available?
- Have you spoken with your doctor about your feelings?

1. Making your environment safe

- Is there anything around you that you could use to hurt yourself or others?
- Are you in a safe place right now?
- Could you give someone the object that you might use to hurt yourself? Or could someone come and get it from you?
- Could you lock the item(s) up, and give someone else the key?
- Would it be possible to temporarily remove yourself from the location of the items?

Professional counseling assessment and services

If there is continued feelings of being overwhelmed, consult with a mental health professional. An assessment can help determine the best plan of action. For more information on finding professional help call 211, or search our online database.

- [helplinecenter.org/211database](https://www.helplinecenter.org/211database)
 - Try the following keyword search terms:
 - Mental Health Crisis Assessment/Intake
 - Suicide Prevention Hotlines

Sources:

- American Psychological Association <https://www.apa.org/helpcenter/controlling-anger.aspx>
- Mayo Clinic <https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/anger-management/art-20045434>
- Harvard Medical School <https://www.health.harvard.edu/mind-and-mood/six-relaxation-techniques-to-reduce-stress>

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