

# Safety Plan Agreement

Person's Name

Date

## Personal Warning Signs

Describe thoughts, images, moods, situations, or behaviors that indicate a crisis may be developing:

## Internal Coping Strategies

What can you do on your own to help yourself not act on urges?

## Social Contacts & Safe Environments

List people and safe places you can go to for support:

## Professional Resources

List professionals or agencies you can contact in a crisis:

## Making the Environment Safe

Steps you will take to keep your environment safe:

Person's Signature

Date

Supporter's Signature

Date