

Interactive Safety Plan

Warning signs (thoughts, images, mood, situation, behavior) that a crisis may be developing:

Internal coping strategies - Things I can do to take my mind off my problems without contacting another person (e.g., relaxation techniques, physical activity):

People and social settings that provide distraction:

1. Name:

Phone:

2. Name:

Phone:

3. Name:

Phone:

People who can be contacted for help:

1. Name:

Phone:

2. Name:

Phone:

3. Name:

Phone:

Professionals or agencies who can be contacted during a crisis:

Name:

Phone:

Name:

Phone:

Name:

Phone:

911

Lasting Hope Crisis Line: 1-402-717-4673

Suicide Prevention Lifeline Phone: 1-800-273-8255
Crisis Text Line: Text "start" to 741741
Safe Harbor Peer Crisis Service: 1-402-715-4226
Other Emergency Contact #: ***

Making the environment safe (e.g., remove weapons):

The one thing that is most important to me and worth living for is:

I agree that, if at any point I feel that I am in danger and cannot follow this safety plan, or have attempted to use this safety plan and still do not feel safe, I will call 911 for help.