**Step 1:** Warning signs (thoughts, images, mood, situation, behavior) that a crisis may be developing:

1. 
2. 
3. 

**Step 2:** Internal coping strategies – Things I can do to take my mind off my problems without contacting another person (relaxation technique, physical activity):

1. 
2. 
3. 

**Step 3:** People and social settings that provide distraction:

1. Name_____________________________________ Phone______________________________
2. Name_____________________________________ Phone______________________________
3. Place______________________________________ 4. Place______________________________________

**Step 4:** People whom I can ask for help:

1. Name_____________________________________ Phone______________________________
2. Name_____________________________________ Phone______________________________
3. Name_____________________________________ Phone______________________________

**Step 5:** 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. Local Urgent Care Services
   Urgent Care Services Address
   Urgent Care Services Phone
4. Suicide Prevention Lifeline Phone: 1-800-273-TALK (8255)

**Step 6:** Making the environment safe:

1. 
2. 

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

__________________________________________________________________________