

Safety Plan Template: Adult

Triggers

- 1.
- 2.
- 3.
- 4.
- 5.

Warning signs (thoughts, images, situations, behaviors)

- 1.
- 2.
- 3.
- 4.
- 5.

Coping skills (things I can do on my own)

- 1.
- 2.
- 3.
- 4.
- 5.

Support system (people whom I can ask for help)

- 1.
- 2.
- 3.
- 4.
- 5.

Professionals or agencies (who to contact in a crisis/where to go in a crisis)

- 1.
- 2.
- 3.
- 4.
- 5.

Therapist and client discussed this safety plan, and the client agreed to plan on _____ (date).
A copy was provided to the client.