

All Seasons Counseling: Mark Travis MA, M.DIV, LMFT
345 Knechtel Way NE Suite 111, Bainbridge Island WA 98110
Cell:206-472-0535 / Fax:206-451-4317
mark@allseasonscounseling.biz / www.allseasonscounseling.biz

Safety Plan: How will you know when the safety plan should be used?

Warning Signs: (thoughts, images, moods, situations, behaviors that signal a crisis may be developing).

Triggers: (people, events, circumstances that are often upsetting to me).

What can I do to feel better: (my internal coping skills; things I can do to take my mind off my problems without contacting another person such as relaxing techniques, physical activity, etc).

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What others can do to help me feel better and keep me safe: (for instance, parents, partners, friends can give me space when I ask for it).

People and social settings that may help distract me from depressing or suicidal thoughts: (safe places to go, safe people to call to call and hang out with – people who may not necessarily know I am in crisis-include phone numbers).

People I can call for support-include phone numbers:

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What are my most important people or things worth living for?

Resources I can call or access during a crisis-include phone numbers:

- 1) The Crisis Clinic 206-461-3222
- 2) Crisis Text Line, 24 hours a day: Text "Matters 74174"
- 3) Teen Link, open Daily 6-10pm: 1-866-6546
- 4) Q Center of Kitsap County: voice machine 360-515-2220 email:
thegcenter@youthresources.org
- 5)

Making the environment safe: identify means considered during a suicidal crises and identify ways to secure or limit access to lethal means.