

SANTA CLARA COUNTY SAMPLE PERSONAL SAFETY PLAN

STEP 1: I should use my safety plan when I notice these warning signs (thoughts, images, moods, situations, behaviors):	
1.	
2.	
3.	
STEP 2: Internal coping strategies – Things I can do by myself to help myself not act on how I’m feeling (e.g. favorite activities, hobbies, relaxation techniques, distractions):	
1.	
2.	
3.	
What might make it difficult for me to use these strategies?	
Solution:	
STEP 3: People and places that improve my mood and make me feel safe:	
1. Name: _____	Phone: _____
2. Name: _____	Phone: _____
3. Place (day):	
4. Place (night):	
What might get in the way of me contacting these people or going to these places?	
Solution:	
STEP 4: People I trust who can help me during a crisis:	
1. Name: _____	Phone: _____
2. Name: _____	Phone: _____
3. Name: _____	Phone: _____
Why might I hesitate to contact these people when I need help?	
Solution:	
How will I let them know that I need their help?	
STEP 5: Professional resources and referrals I should contact during a crisis (available 24/7):	
1. Clinician Name: _____	Phone _____
2. Local Urgent Care Services: _____	
Address: _____	
Phone: _____	
3. Santa Clara County Suicide & Crisis Center: 855-278-4204	
4. National Suicide Prevention Lifelines: 1-800-784-2433 and 1-800-273-8255	
5. UFS Child & Adolescent Mobile Crisis Program: 408-379-9085	
6. <b>Call 911</b> if you need immediate help in order to remain safe.	
STEP 6: Steps I can take to keep myself safe by reducing access to means I would consider using during a suicidal crisis:	
1.	
2.	

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Where will I keep this plan so that I can easily find and use it during a crisis?

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Student Signature Date

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Parent/Legal Guardian Signature Date

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Support Person Signature Date

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Psychologist/Counselor Signature Date

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Psychologist/Counselor Signature Date

*Note: A phone app is available for creating a personal safety plan at **MY3App.Org***