### 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. 

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

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