WORKSHEET 89 · FOR THE PSYCHOLOGIST

My safety plan for crises

Knowing what to do, step by step, when a situation becomes dangerous

AIM

Build a written, personalised safety plan with the person: warning signs, personal coping strategies, people and places for distraction, people to ask for help, professionals and emergency services, and steps towards a safer environment.

WHO IT IS FOR

Suicidal thoughts, self-harm, serious crises. To be built with a professional.

DURATION

30-45 min in session; review regularly

HOW TO RUN IT

1. Identify the warning signs of a crisis (thoughts, emotions, situations).
2. List the strategies the person can use alone, and the people and places that help them think about something else.
3. Write down the people to ask for help, the professionals and the emergency numbers.
4. Work on making the environment safer (removing means of harm) and check the person knows where to find their plan.

POINTS TO WATCH

> This plan is part of suicide risk assessment and follow-up. It does not replace emergency care if there is imminent danger.

REFERENCES

Stanley, B. & Brown, G. K. (2012). Safety planning intervention: A brief intervention to mitigate suicide risk. Cognitive and Behavioral Practice, 19(2), 256-264.

Linehan, M. M. (2015). DBT Skills Training Manual (2nd ed.). Guilford.

PSYCHOLOGIST'S NOTES

© 2026 Gonzalo Garzo, clinical psychologist · gonzalogarzo.com · CC BY-NC-ND 4.0: free to share, no commercial use or modifications

WORKSHEET 89 · WORKSHEET TO HAND OUT

My safety plan

Best done with your psychologist

When a crisis comes, it is hard to think. This plan, prepared in advance with your psychologist, guides you step by step. Keep it on your phone and on paper.

1. My warning signs: _____
2. What I can do on my own to calm down: _____
3. The people and places that help me think about something else: _____
4. If that isn't enough: who I call (someone close, a professional) and emergency services: 112 (Europe), 3114 (France), 116 123 (Samaritans, UK and Ireland) or your local number.

Step	Person, place or service	Number

What I do to make my surroundings safer:

These exercises do not replace therapy. If you are in distress or having suicidal thoughts: 112 (European Union), 3114 (France) or the emergency number of the country where you live.

© 2026 Gonzalo Garzo, clinical psychologist · gonzalogarzo.com · CC BY-NC-ND 4.0: free to share, no commercial use or modifications