

# My Safety Plan

**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. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**Step 3: People/social settings that provide distraction:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

**Step 4: People whom I can ask for help:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Step 5: Professionals or agencies I will contact during a crisis (please include at least one in your current physical area, and see back page for possible options):**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Step 6: Making the environment safe:**

1. \_\_\_\_\_
2. \_\_\_\_\_

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

\_\_\_\_\_

**FINDING CRISIS RESOURCES IN YOUR NORTH CAROLINA AREA:** [crisissolutionsnc.org](http://crisissolutionsnc.org)

**RESOURCES IN THE BOONE AREA:**

AGENCY	PHONE #	HOURS
ASU Counseling & Psychological Services Daytime emergencies via phone	(828) 262-3180	Mon-Fri, 8AM – 5PM
ASU Counseling Center – After Hours Counselor On-Call	(828) 262-3180	Mon-Fri, 5PM-9AM & Weekends
Daymark Mobile Crisis	(828) 264-4357	24/7
Watauga Medical Center	(828) 262-4100	24/7
National Suicide Prevention Lifeline	1(800) 273-TALK (8255)	24/7
OASIS (sexual assault and interpersonal violence survivors: <a href="http://www.oasisinc.org">www.oasisinc.org</a> )	crisis: (828) 262-5035 Office: (828) 264-1532	24/7 crisis Mon-Fri, 8 AM-5PM office

*\*You can always call 911 to ask for help. Tell the operator that you are in crisis.*

**NATIONAL HOTLINES & OTHER RESOURCES:**

POPULATION SERVED	AGENCY	WEBSITE	PHONE #
Youth, disaster survivors, Native Americans, loss survivors, LGBTQ+, attempt survivors, Deaf/hard of hearing, & Spanish-speaking	National Suicide Prevention Lifeline	<a href="http://suicidepreventionlifeline.org">suicidepreventionlifeline.org</a>	24/7: 1(800) 273-TALK (8255)
Survivors of domestic & sexual violence	RAINN (Rape Abuse and Incest National Network)	<a href="http://www.rainn.org">www.rainn.org</a>	24/7 hotline: (800) 656-4673
Trans/gender identity concerns	Trans Lifeline	<a href="http://www.translifeline.org">www.translifeline.org</a>	(877) 565-8860 1(800) 488-7386
LGBTQ+ Youth	The Trevor Project	<a href="http://www.thetrevorproject.org">www.thetrevorproject.org</a> <i>(Features services via online chat)</i>	<i>Text:</i> <i>Text "Trevor" to</i> <i>1(202) 304-1200</i> <i>Mon-Fri, 3PM-10PM</i> 1-800-273-8255 <i>(Press "1")</i>
Veterans	Veterans Crisis Line	<a href="http://www.veteranscrisisline.net">www.veteranscrisisline.net</a>	<i>Text:</i> 838255  <i>Hard of hearing TTY:</i> <i>(800) 799-4889</i>