

Pivot Behavioral Health Safety Plan

Instructions: When you are experiencing elevated suicidality—such as preparing to complete suicide—it is important to have a plan that you can use to help you stay alive.

Date: _____

Warning Signs - *Things that would indicate that I should use my plan (e.g., feeling empty).*

1. _____
2. _____
3. _____

Internal Coping Strategies - *Things I can do to take my mind off of my problems (i.e., without contacting someone).*

1. _____
2. _____
3. _____

Social Coping Strategies - *People I can reach out to or places that I can go that would provide a distraction.*

- | | |
|-----------------|----------------|
| 1. Name: _____ | Contact: _____ |
| 2. Name: _____ | Contact: _____ |
| 3. Place: _____ | Address: _____ |
| 4. Place: _____ | Address: _____ |

Personal Crisis Contacts - *People I can ask for help during a crisis (i.e., outside of my professional healthcare team).*

- | | |
|----------------|----------------|
| 1. Name: _____ | Contact: _____ |
| 2. Name: _____ | Contact: _____ |
| 3. Name: _____ | Contact: _____ |

Professional Crisis Contacts - *Professionals or professional services I can contact during a crisis.*

- | | |
|----------------------------------|----------------|
| 1. Name: _____ | Contact: _____ |
| 2. Name: _____ | Contact: _____ |
| 3. Emergency Department: _____ | |
| ED Address: _____ | |
| ED Phone: _____ | |
| 4. Crisis Line (e.g., 988) _____ | |

Making the Environment Safer - *Ways I can change my environment to make it safer (e.g., giving up my bullets).*

1. _____
2. _____