



## Safety Plan

At KC Character Development, we realize that there may be times when you don't feel safe or feel overwhelmed by emotions, which is why we think it is important to safety plan with each and every client. Even if you aren't in that headspace now, it's best to have a plan and not need it, rather than need a plan and not have it.

### Step 1: Notice Triggers

What are the signs that you can notice which might signal that a crisis may be developing? You might list the thoughts, images, mood, situations, or even behaviors that might signal to you that it would be time to put this plan in place?

### Step 2: Use Coping Skills

List as many possible things you can do to regulate overwhelming emotions. These could be anything from your hobbies, to self-care strategies, to creative endeavors. Really, anything you can do to help you take your power back and help you feel more safe.

### Step 3: Call a Friend

List four people you can call (and their contact information). These could be people who could help distract you without having to talk about the problem, or these could be people who could talk with you about what you're going through.

### Step 4: Get Out of the House

List three places (ie. stores, museums, coffee shops or restaurants, or a friend's house) where you could go if you didn't feel safe.

### Step 5: Make the Environment Safe

What are the things you could do to make your home safer (ie. giving your meds to a trusted friend, having them lock up all weapons and sharps, etc.)?

### Step 6: Reach Out

If you've gotten to this point in the plan and still feel unsafe, please call your therapist and members of your care team. If the crisis is immediate and you haven't heard back from your care team, please call one of the following:

Suicide Prevention Lifeline: 1-800-273-TALK (8255)  
Emergency Services: 911 OR 1-844-207-4511

The Trevor Project: 1-866-488-7386  
Trans Lifeline: 877-565-8860

Client Signature: \_\_\_\_\_

Date: \_\_\_\_\_