



Patient Safety Plan Template

STEP 1: Warning signs: (thoughts images, mood, situation, behaviors) that a crisis may be developing:

1. _____
2. _____
3. _____

STEP 2: Internal coping strategies – Things that I can do to take my mind off my problems without contacting another person (relaxation techniques, 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 crisis:

1. Cumberland County Crisis Line (24/7) : 207-774-HELP (4357)
2. Maine Crisis Hotline: 1-888-568-1112, En Español (24/7): 1-888-628-9454
3. National Suicide Prevention (24/7): 988
4. Text HOME to 741741 (24/7 Crisis Text line)
5. LIVE CHAT at www.opportunityalliance.org
6. Call 911 or go to the nearest emergency room
7. Spurwink Living Room 62 Elm Street, Portland 7am-7pm

STEP 6: Making the environment safe (restricting access to means of self-harm or suicide):

1. _____
2. _____

The thing(s) that are most important to me and worth living for:
