



Client Safety Plan

1. Identifying Personal Triggers and Risks

Understanding what increases stress and crisis risk can help in creating a safer plan.

- What are the early warning signs that I might be in distress?

- What situations or events increase my stress or risk?

- Who or what makes me feel unsafe?

- What steps can I take to avoid or minimize these risks?

2. Coping Strategies

Identifying ways to manage emotions in challenging situations.

- Things I can do when I start feeling overwhelmed (e.g., breathing exercises, journaling, talking to someone):

- Safe places I can go to when I feel unsafe:

- Who can I call when I need immediate support?

- Self-care activities that help me feel calm:

3. Emergency Contacts and Resources

- Trusted Family/Friends:

Name: _____ Phone: _____

Name: _____ Phone: _____

Name: _____ Phone: _____

- Therapist/Social Worker:

Name: _____ Phone: _____

- Crisis Hotline: _____
- Local Emergency Services: _____
- Nearest Safe Location/Shelter: _____

4. Steps to Take in an Emergency

- What are the first things I will do if I feel unsafe?

- Who can I reach out to for help?

- How will I ensure my physical safety in a crisis?

- What steps will I take after the crisis has passed to follow up on my well-being?
