

COVID-19 SAFETY PLAN

A safety plan is a list of things to do, safe places to go, ways to safely distract, and people to reach out to when crisis comes. Keep your safety plan in sight to keep reminders of supports available. Review your plan frequently so you are ready to handle difficult days.

1 What events and/or emotions might trigger your need to utilize this safety plan?

Response:

2 What common coping strategies do you use and what are the adaptations for social distancing?
(Ex: going to the gym to online classes, home workouts)

Response:

3 Who are your current social supports and how can you contact them during COVID-19?

Response:

4 Do you own a firearm and is there a firearm in your home? If yes, is the firearm stored separately from the ammunition and is it locked and stored properly?

Response:

If not, identify how to ensure safety measures are in place:

Name:

Date:

5

If you take medications, who manages the distribution of your medications at home? Where/How are medications stored?

Response:

6

Are you experiencing any physical health symptoms? (chest pain, difficulty speaking, confusion, dizziness)

Response:

My Primary Care Physician contact information:

7

If you're experiencing suicidal and/or homicidal ideation what resources can you utilize during this time?

Response:

My Emergency Contact:

Agency/Person Contact Information:

1:
Contact Info:

2.
Contact Info:

3.
Contact Info:

4. Crisis Line
Text HOME to 741741

5. National Suicide Prevention Hotline
1-800-273-8255 (text or call)

Mental Health Tips During COVID-19

- [Tips To Reduce COVID-19 Stress List](#)
- [Isolation Well-Being Daily Checklist](#)

Name:

Date: