

The Way Counseling Crisis Safety Plan

Step 1: Warning signs Be aware of thoughts, images, mood, situation, behavior that are signs/triggers a crisis may be developing:

1.

Depress

2.

anxious

3.

bothered

Step 2: Internal Coping Strategies – Things I can do to take my mind off my problems without contacting another person (relaxation technique, prayer, physical activity)

1.

Take walks

2.

reads

3.

Talks with family member

Step 3: What I can do People and social settings that provide comfort from the crisis and/or distraction from the presenting “warning sign” behavior(s):

1. Name: Bob Smith

Phone: 909-337-4312

2. Name: Terri Ortiz

Phone: 909-889-3245

3. Place: Library

4. Place: friend's house

Step 4: What I need from other People whom I can ask for help:

1. Name: Ricardo, encouragement

Phone: 909-963-4472

Step 5: Professional Help 1. Shepherds Staff Counseling Services • The MOD is available Monday through Friday from 9:00am - 11:30am and 2:30pm - 3:30pm. For after hours emergencies there is a Pastoral Crisis Hotline. 909-463- 0103, Option 3 2. Suicide Prevention Lifeline Phone: 1-800-273-TALK (8255) 3. San Bernardino County Health Crisis line 909-386-8256 <http://wp.sbcounty.gov/dbh/> 4. Local Urgent Care Services: • St. Bernadine's Hospital Address - 2101 N Waterman Ave, San Bernardino, CA 92404 Phone - (909) 883-8711 • San Bernardino Community Hospital Address - 1805 Medical Center Dr, San Bernardino, CA 92411 • The one thing that is most important to me and worth living for is: Relationship with Jesus Christ, family

Counsel Signature & Date:

Ricardo Sanchez

10-17-2023