

# The Way Counseling Crisis Safety Plan

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## **Step 1: Warning signs**

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

1.

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2.

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3.

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## **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.

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2.

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3.

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## **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 \_\_\_\_\_

Phone \_\_\_\_\_

2. Name \_\_\_\_\_

Phone \_\_\_\_\_

3. Place \_\_\_\_\_

4. Place \_\_\_\_\_

***Step 4: What I need from others***

*People whom I can ask for help:*

1. Name \_\_\_\_\_

Phone \_\_\_\_\_

2. Name \_\_\_\_\_

Phone \_\_\_\_\_

3. Name \_\_\_\_\_

Phone \_\_\_\_\_

***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:***

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Counsel Signature & Date: \_\_\_\_\_