

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. _____
sleep stay in bed all day, no energy to do anything_____
- _____ **2 quitting.**_____
- _____ **3.**_____

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):

- 1go outside and do gardening.**_____
- _____ **2. Put worship music on**_____

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 Linda Sanchez

: mother in law

Phone: 909-962-6277

Step 4: What I need from others

People whom I can ask for help:

1. Name_ same as above3

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:***

My 4 kids

Counsel Signature & Date: Wendy Sanchez 2-8-22