

## SANTA CLARA COUNTY SAMPLE PERSONAL SAFETY PLAN

STEP 1: I should use my safety plan when I notice these warning signs (thoughts, images, moods, situations, behaviors):	
1.	
2.	
3.	
STEP 2: Internal coping strategies – Things I can do by myself to help myself not act on how I’m feeling (e.g. favorite activities, hobbies, relaxation techniques, distractions):	
1.	
2.	
3.	
What might make it difficult for me to use these strategies?	
Solution:	
STEP 3: People and places that improve my mood and make me feel safe:	
1. Name:	Phone:
2. Name:	Phone:
3. Place (day):	
4. Place (night):	
What might get in the way of me contacting these people or going to these places?	
Solution:	
STEP 4: People I trust who can help me during a crisis:	
1. Name:	Phone:
2. Name:	Phone:
3. Name:	Phone:
Why might I hesitate to contact these people when I need help?	
Solution:	
How will I let them know that I need their help?	
STEP 5: Professional resources and referrals I should contact during a crisis (available 24/7):	
1. Clinician Name:	Phone
2. Local Urgent Care Services:	
Address:	
Phone:	
3. Santa Clara County Suicide & Crisis Center: 855-278-4204 or Text RENEW to 741741	
4. National Suicide Prevention Lifelines: 1-800-784-2433 and 1-800-273-8255 or you can call Pacific Clinics at 408-379-9085	
6. <b>Call 988</b> if you need immediate help in order to remain safe.	
STEP 6: Steps I can take to keep myself safe by reducing access to harmful means if faced with a suicidal crisis:	
1.	
2.	
3.	
STEP 7: “Please complete this sentence: The things that are most important to me and worth living for are...”	

**Note:** A phone app is available for creating a personal safety plan, please visit

[Stanley-Brown Safety Plan app](#)

(Safety Plan Template, Gregory K. Brown and Barbara Stanley, 2008, 2021)

In Crisis? Text RENEW to 741741 – Free, 24/7, Confidential

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Where will I keep this plan so that I can easily find and use it during a crisis?

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Student Signature

Date

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Parent/Legal Guardian Signature

Date

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Support Person Signature

Date

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Therapist/Counselor Signature

Date

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Therapist/Counselor Signature

Date

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please visit [Stanley-Brown Safety Plan app](#)  
(Safety Plan Template, Gregory K. Brown and Barbara Stanley, 2008,  
2021)

In Crisis? Text RENEW to 741741 – Free, 24/7, Confidential

Santa Clara County Suicide and Crisis county is routing all emergency  
calls through 988.

All non-emergency calls will be accessed through the mental health and  
substance use services call center hotline, 1-855-278-4204.

*Safety Plan Template, Gregory K. Brown and Barbara Stanley, 2008, 2021*