

Sample Safety Plan

Step 1: Triggers, Risk Factors, and Warning Signs	
<i>My depression gets worse</i>	<i>I start using substances again</i>
<i>I start craving drugs</i>	<i>I isolate myself and skip AA meetings</i>
Step 2: Internal Coping Strategies	
<i>Watch comedy movies like Caddyshack and funny TV shows like Bob's Burgers</i>	
<i>Go for a run</i>	
<i>Review my hope box</i>	
Step 3: Social Contacts	
<i>Attend AA meeting at All Saints Church</i>	
<i>Visit the coffee shop on Main Street for a cup of coffee with friends</i>	
<i>Call AA sponsor Bill Smith (555-1122)</i>	
Step 4: Family Members or Friends	
<i>Mother (555-2345)</i>	<i>Brother: Simon (555-0987)</i>
<i>Sister: Janet (555-0987)</i>	<i>Friend: Frank Johnson (555-7846)</i>
Step 5: Professionals and Agencies to Contact for Help	
<i>Psychiatrist: Dr. Jordan (555-7777)</i>	
<i>Therapist: Sonya Chen (555-4534)</i>	
<i>Crisis hotline: National Suicide Prevention Lifeline (1-800-273-8255)</i>	
<i>Nearest hospital: State Memorial Hospital (32 Walnut St, 555-4433)</i>	
Step 6: Making the Environment Safe	
<i>Remove all drugs and alcohol from the house</i>	
<i>Keep naloxone kit on the bedside table</i>	
<i>Don't keep guns in the house</i>	
<i>Stick a copy of this safety plan on the front of the fridge and by the phone</i>	

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