

EMS Student Safety Plan

Step 1: Warning signs (thoughts, images, mood, situation, behavior) that a crisis may be developing:

1. _____
2. _____
3. _____

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

1. _____
2. _____
3. _____

Step 3: People and social settings that provide distraction:

1. Name _____ Phone _____
2. Name _____ Phone _____
3. Place _____ 4. Place _____

Step 4: People whom I can ask for help:

1. Name _____ Phone _____
2. Name _____ Phone _____
3. Name _____ Phone _____

Step 5: Professionals or agencies I can contact during a crisis:

1. Therapist Name _____ Phone _____
Therapist Pager or Emergency Contact # _____
2. Person's Name _____ Phone _____
Person's Pager or Emergency Contact # _____
3. Crisis Response Center
2635 West Deschutes Ave Kennewick WA
(509) 783-0500
4. Suicide Prevention Lifeline Phone: 1-800-273-TALK (8255)
Crisis Text Line 741-1741 "START"

Step 6: Making the environment safe:

1. _____
2. _____

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The one thing that is most important to me and worth living for is:
