

SAFETY PLAN FOR CRISIS/SUICIDE PREVENTION (Adult)



Ortonville Area Health Services

Please focus on what would be most helpful to you in a time of crisis.

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

Step 1: Warning signs (Signs that a crisis might 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):

- 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: |
| 4. Name: | Phone: |

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

1. Therapist Name: _____ Phone: _____
2. Clinician Name: Twila Mursu PMHNP-BC/Michelle G RN at Ortonville Area Health Services
Phone: **320-839-6157** Monday – Friday 8:30 am – 5:00 pm
3. Crisis Services: Woodlands Center serving Big Stone County **1-800-432-8781**
4. Ortonville Area Health Services Emergency Room for crisis assessment **320-839-2502**
5. Suicide Prevention Lifeline: **1-800-273-TALK (8255)**
6. National Suicide Hotline: **1-800-784-2433**
7. Big Stone County Family Services **320-839-2555**

Step 6: Making the environment safe (How can I make the environment safer? Ex: removing guns, medication, items, avoiding triggers, etc):

- 1.
- 2.