**My Safety Plan**

We understand that there may be times when life feels overwhelming. During these times, sometimes people feel hopeless or think things will never get better. Your safety is our highest priority and our goal is to help you stay safe when difficult times arise. The items below help to identify when you may need more support and action steps you and the people in your life can take to help.

1. Early warning signs that tell me I may need help are:

2. Things I can do to help myself during these times are:

 3. Ways in which I can make my environment safe and reduce access to lethal means are *(access to firearms, weapons,*

 *medications)*:

4. People who can support me (family, friends, community, etc.) are (list name, relationship and phone numbers):

 **Name Relationship Phone Number**

|  |  |  |
| --- | --- | --- |
|       |        |       |
|       |       |       |
|       |       |       |

5. Things my support persons can do to help are:

6. Members of my treatment team I can call:

**Name Relationship Phone Number**

|  |  |  |
| --- | --- | --- |
|       |       |       |
|       |       |       |
|       |       |       |

7. If the above resources are not available, other community resources available to me are (check all that apply):

[ ]  **The Access & Crisis Line at 888-724-7240**. Available 24 hours/7 days a week. Languages other than English are available. Live Chat is also available Monday-Friday from 4:00pm-10:00pm via computer or smartphone at [www.optumsandiego.com](http://www.optumsandiego.com) or [www.up2sd.org](http://www.up2sd.org).

[ ]  **988 Suicide & Crisis Lifeline**. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you and your loved ones, and best practices for professionals in the United States. <https://988lifeline.org/>

[ ]  **911**. If you feel you are in immediate danger of emergency, do not hesitate to call. Ask if PERT is available.

[ ]  **Mobile Crisis Response Team (MCRT) at 888-724-7240.** The MCRT provides in-person, behavioral health crisis intervention services to all ages, 24 hours/7days a week. Call the ACL to request an MCRT response.

[ ]  **San Diego County Emergency Psychiatric Unit at 619-692-8200, located at 3853 Rosecrans Street, San Diego, CA 92110.** Available to adults for emergency psychiatric assistance.

**[ ]  San Diego County Emergency Screening Unit at 619-876-4502, located at 4309 3rd Ave, San Diego, CA 92103.** Available to children and adolescents for emergency psychiatric assistance.

[ ]  **California Coalition for Youth Crisis Line at 1-800-843-5200.** Available 24 hours/7 days a week. Languages other than English are available. Anonymous and confidential for those youth and TAY struggling with behavioral issues. Provides local community resources for youth and family. Text and live chat are available from 4:30pm-8:30pm daily via the website [www.calyouth.org](http://www.calyouth.org) or phone 1-800-843-5200.

**[ ]  Consumer-to-Consumer WARM Line at 1-800-930-9276 (WARM).** Daily: 3:30 p.m.—11:00 p.m.

**[ ]  National Suicide Prevention Hotline at 1-800-273-8255 (TALK).** A 24-hour hotline available to anyone in crisis.

**[ ]  SD County Behavioral Health Emergency Response Plan (ERP).** This is a document for me to fill out and keep with me. It has important information to share with emergency response teams if they are called to assist me. (If checked, this indicates I’ve completed an ERP).

[ ]  **Other** (list name and phone #)

Hospital or Crisis House of choice: (list name and phone #):

I understand that the staff is trying to help me and I will do my best to stay safe.

|  |  |  |  |
| --- | --- | --- | --- |
| Client Signature: |       | Date Signed:  |       |
| Parent/Guardian Signature:  |       | Date Signed: |   |