

Safety Plan Worksheet



Purpose: Complete semi-structured interview of recent suicidal crisis before proceeding to Step 1. Print copy of completed Safety Plan for patient to keep with them and place a duplicate copy in medical record. Alternatively, you can download the [VA/DOD Safety Plan App](#).

Step 1. Warning signs (that I might be headed toward a crisis and the Safety Plan should be used):

- 1.
- 2.
- 3.
- 4.

Step 2. Internal coping strategies (things I can do to distract from my problems without contacting another person):

- 1.
- 2.
- 3.

Step 3. People, places and social settings that provide healthy distraction (and help me feel better):

1. Name and phone number
2. Name and phone number
3. Place
4. Place

Step 4. People I can contact to ask for help (family members, friends and co-workers):

1. Name and phone number
2. Name and phone number
3. Name and phone number
4. Name and phone number

Step 5. Professionals or agencies that can help me during a crisis:

- Clinician/Agency (Name, phone, emergency contact number)
- Clinician/Agency (Name, phone, emergency contact number)
- Local Emergency Department (Name, phone number, location/address)
- Other (Name, phone, emergency contact number)

Step 6. Making my environment safe (plans for removing or limiting access to lethal means, e.g. firearm, medications, household poisons, sharp or other dangerous objects):

- 1.
- 2.
- 3.
- 4.

Step 7: My reasons for living (things that are most important to me and worth living for):

- | | |
|----|----|
| 1. | 4. |
| 2. | 5. |
| 3. | 6. |

Safety Plan Worksheet (continued)



Resources



988 Suicide and Crisis Lifeline

Dial 988 and press 1 for the Military/Veterans Crisis Line.
Visit militarycrisisline.net for OCONUS calling options.



Real Warriors Campaign
health.mil/RealWarriors

Safety Plan Components:¹

The safety plan involves the development of step-by-step instructions to use for patients before or during a suicidal crisis, including:²

- Conducting a semi-structured interview of a recent suicidal crisis
- Recognizing warning signs of an impending suicidal crisis
- Recognizing how an increase and decrease in suicidal risk provides an opportunity to engage in coping strategies
- Employing internal coping strategies without contacting another person for distraction from suicidal thoughts
- Using social contacts and social settings as a means of distraction from suicidal thoughts
- Contacting mental health professionals or agencies, including crisis intervention services (e.g., the Military/Veterans Crisis Line: dial 988 and press 1)
- Limiting access to lethal means: Consider prescribing naloxone for patients at risk for opioid overdose (see VA/DOD Use of Opioids in the Management of Chronic Pain CPG)³

References:

1. Stanley, B., Brown, G. K., MacRae, F., Rotolo, C. A., Hughes, G., Mina, L., & Barry, C. N. (2022). *VA Safety Planning Intervention Manual*. United States Department of Veterans Affairs.
2. Veterans Affairs and Department of Defense. (2024). *VA/DOD Clinical Practice Guideline for Assessment and Management of Patients at Risk for Suicide*. Version 3.0. <https://www.healthquality.va.gov/guidelines/MH/srb/>
3. Veterans Affairs and Department of Defense (2022). *VA/DOD Clinical Practice Guideline for the Use of Opioids in the Management of Chronic Pain*. Version 4.0. <https://www.healthquality.va.gov/guidelines/Pain/cot/VADoDOpioidsCPG.pdf>



Department of Veterans Affairs and Department of Defense employees who use this information are responsible for considering all applicable regulations and policies throughout the course of care and patient education. Reproduced with permission (© 2015 Stanley & Brown). www.suicidesafetyplan.com.

- Created December 2024 (Updated April 2026) by the Psychological Health Center of Excellence.