



GREATER LANSING

Patient Safety Plan

Step #1: Know When to Get Help

What are the warning signs that you are beginning to struggle with your problem? These may include thoughts, feelings, or behaviors.

Step #2: Coping Skills

What positive things can you do to take your mind off the problem? What obstacles might there be in using these coping skills?

Step #3: Support System

Who are the supportive people you can talk to (friends, family, therapist)? List more than one person, in case your first choice is not available.

Name:	Contact info:

Step #4: Professional Help

If your problem persists, or if you have suicidal thoughts, reach out to your professional support system.

Local emergency Number:	
Personal Therapist/Agency	
Community Mental Health Access Center	
Crisis Lines	1-800-SUICIDE 1-800-273-TALK 1-800-799-4889 (for deaf or hearing impaired)

If safety issues arise that cannot be managed at home, GO TO THE EMERGENCY ROOM IMMEDIATELY.

Patient/Guardian Signature

Date

Time

Staff Signature

Date

Time



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