

S.A.F.E. – Crisis Coping Plan

A Program of Posterity: A Safe Place, Inc.

Use this plan to outline steps, contacts, and resources you can use when feeling unsafe, overwhelmed, or in crisis.

Warning signs that I might be heading into crisis:
Coping tools I can use on my own:
People I can contact for support:
Professional or emergency contacts:
Safe places I can go:
My reasons for staying safe: