

Sanctuary by the Sea Counseling Services (SSCS)

Client Safety Plan

Client Name: _____ Phone: _____

Address: _____, _____, _____, _____

Warning Signs (Triggers): Know When To Find Help

What are the warning signs, thoughts, moods, images, behaviors or a situation, when you feel suicidal or a crisis maybe developing?

Coping Skills I can use to take my mind off my problem.

I can use these skills to help me get my mind off my problem: relaxation techniques, physical activity or meditation. List any obstacles to using these skills.

Asking for Help/ Distraction from family and/or friends.

If I am unable to cope with my distressed mood I can reach out to trusted family and friends and ask for help in a crisis.

1. _____ Phone _____
2. _____ Phone _____
3. _____ Phone _____

My Therapist, Industry Professionals and Agencies I can contact.

Clinician/ Therapist: Crystal N. Duncan, LCSW CA61763 1-760-913-8426

I understand that if I am in a crisis my therapist might not be immediately available. In case of an emergency I can call 911 or any crisis hotline below:

Local San Diego County Crisis Line:	1-800-479-3339
Crisis Lines in the United States:	1-800-SUICIDE
	1-800-273-TALK (8255)
	1-800-799-4889 (Deaf, hearing impaired)
	1-888-724-7240 Access & Crisis line

I make a commitment to myself I will follow this plan when I feel a situation or crisis arising.

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

Signature of Patient: _____ Date: _____

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