

## My Coping Plan

**Warning Signs:** What would suggest that the problem is getting worse? These can be things that happen, things I do, emotions I feel, or thoughts I have.

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

**Individual Coping Skills:** What can I do that will help me respond when I recognize a warning sign? Let's start with some things that you can do by yourself. Later on we will think about coping skills that involve other people.

1. \_\_\_\_\_
  2. \_\_\_\_\_
  3. \_\_\_\_\_
- Nighttime Coping Skill: \_\_\_\_\_

**Social Distraction:** What can you do to help yourself cope that involves other people? Sometimes just being around other people can have a positive effect on you, even if they are not the people you are closest with.

1. Name: \_\_\_\_\_ Phone Number: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_
  2. Name: \_\_\_\_\_ Phone Number: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_
  3. Name: \_\_\_\_\_ Phone Number: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_
- Safe Social Spaces: \_\_\_\_\_

**Supportive People:** Who are the people in your life that you could call to say, "I am going through a rough time and I need some help"?

1. Name: \_\_\_\_\_ Phone Number: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_
2. Name: \_\_\_\_\_ Phone Number: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_
3. Name: \_\_\_\_\_ Phone Number: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

**Emergency Assistance:** If you are unable to reach any of your supports and you are in need of emergency assistance two options that you always have available are calling a crisis line such as **1-800-273-8255** or going to your local emergency room.

**Changes to Make in My Living Environment:**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Adapted from Safety Plan Treatment Manual to Reduce Suicide Risk: Veteran Version (Stanley & Brown, 2008).

Find more CBT materials and additional resources at [DrMiello.com](http://DrMiello.com)

## Steps For Using Your Coping Plan

- 1. Keep your Coping Plan accessible.** Keep your Coping Plan in a place where you are likely to see it frequently such as on your dresser, a nightstand or stuck on your refrigerator. If you would rather keep it out of view, make sure you know exactly where it is and can get to it easily.
- 2. Recognize your Warning Signs.** Look over your Coping Plan regularly in order to keep your Warning Signs in mind. Be on the lookout for them and if you notice that they are starting, put the rest of the plan into action.
- 3. Use Individual Coping Skills.** If you notice your Warning Signs occurring then try to use your Individual Coping skills first. These are the easiest skills to use because they only rely on you.
- 4. Social Distraction.** If after trying your Individual Coping Skills, you still feel as though you are in crisis, use social distraction. Either go to one of the Safe Social Spaces you have chosen or call the people from your Coping Plan and ask if you can spend some time with them.
- 5. Talk About it with Friends and Family.** If social distraction isn't enough, move on to talking directly to your friends or family about what you are going through.
- 6. Contact Helping Professionals.** If friends and family are not able to help, talk to a professional counselor, therapist or psychologist.
- 7. Call A Crisis Line.** Under most circumstances, the above steps will be enough to get you by, but if you have tried all of these steps and are still in crisis, consider calling a crisis line or going to your local emergency room. You can call the National Suicide Prevention Lifeline 24-hours a day at 1-800-273-8255 to be connected to a trained crisis worker who, after listening to what you are going through, will help you find appropriate mental health services in your area.
- 8. Environmental Changes.** In Addition to using the above steps in a crisis, also make the changes that you decided on to make your living environment safer and promote well-being.
- 9. Keep your Coping Plan Current.** Regularly look over your Coping Plan (or discuss it with a therapist) to keep it up to date. Sometimes we outgrow certain coping skills and can replace them with others. In addition, make sure to keep the names and numbers up to date.