



Safety Planning Template

Name:	
Step 1. Warning signs: What are the signs that a crisis may be developing for me? (thoughts, mood, situation behaviour/actions)	
Step 2. Internal coping strategies: Things I can do by myself to take my mind off my problems (e.g. relaxation).	
Step 3. People and places I can connect with to help me feel better or distract me (e.g. friends, relatives, park, shops).	
Step 4. People I can ask for help:	
Name:	Phone:
Name:	Phone:
Name:	Phone:
Step 5. Professionals or agencies I can contact during a crisis:	
Name:	Phone:
Name:	Phone:
Lifeline: (24/7) Ph 13 11 14 or online chat/text https://www.lifeline.org.au	
Beyond Blue: (24/7) Ph 1300 22 4636 or online chat https://www.beyondblue.org.au	
Suicide Call Back Service: (24/7) Ph 1300 659 467 or online counselling https://www.suicidecallbackservice.org.au	
MensLine: (24/7) Ph 1300 789 987 or online counselling https://mensline.org.au	
Kids Helpline: (24/7) Ph 1800 551 800 or webchat https://kidshelpline.com.au	
ADIS Alcohol and Drug support: Ph 1800 177 833 or online https://adis.health.qld.gov.au	
13 YARN: (24/7) Ph 13 9276 or online https://www.13yarn.org.au	

For training purposes only



You, your family/carer/support people are encouraged to contact mental health services on:
1300 64 22 55 (1300 MH CALL) if you require urgent support or assistance
MH CALL can be contacted 24 hours, 7 days a week

IF YOU HAVE IMMEDIATE CONCERNS FOR YOUR SAFETY CALL 000

Step 6. Making my environment safer.

Method 1:

1. The item/place in my environment that is a concern or risk to me is:

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2. To help keep me safe, I will (how will it be made safer/adapted/removed):

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3. Who will help me do this and when will it be completed?

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4. Who will confirm this has been done?

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Method 2:

1. The item/place in my environment that is a concern or risk to me is:

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2. To help keep me safe, I will (how will it be made safer/adapted/removed):

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3. Who will help me do this and when will it be completed?

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4. Who will confirm this has been done?

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