

Family Safety Plan

Keep everyone safe when a crisis arises by having a plan for how to help. As someone who cares about a friend or family member with mental illness, you may complete this template on your own or with input from your loved one.

1 Warning signs

Thoughts, moods, situations, or behaviors I notice in my loved one indicating that a crisis may be developing

1. _____
2. _____
3. _____

2 Coping skills for myself

Things I can do on my own to remain calm and approach the situation thoughtfully

1. _____
2. _____
3. _____

3 Support for myself

People I feel comfortable talking to about what I'm going through or asking for help

1. _____
2. _____
3. _____

4 Coping skills for my loved one

Things they can do on their own to help them feel better in the moment (relaxation technique, physical activity)

1. _____
2. _____

5 Distractions for my loved one

People or places that may offer comfort or help them take a break so they can start feeling/thinking differently

1. _____
2. _____

6 Support for my loved one

People they feel comfortable talking to about what they're going through or asking for help

1. _____
2. _____

7 Professionals we can contact for help during a crisis

1. Clinician name _____ Phone _____
2. Clinician name _____ Phone _____
3. Local Urgent Care service _____
Address _____ Phone _____

4. Suicide and crisis line: **988**
Call or text 24 hrs/day

5. Mobile Crisis Response Team: **211**

Your local number _____

6. Emergency / immediate danger: **911**

8 Making the environment safe

Steps I can take to remove harmful items like firearms

9 Why I care

One thing that I love about my loved one



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Akin Mental Health
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