

# My Safety Plan

## **Step One: Things which put me at risk of accidental overdose**

(Risks are often use of medications or illicit drugs, methods of use, history, and health factors)

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## **Step Two: Actions I can take to reduce my risk of overdose**

(Consider steps that address the risks found in step one, example: Changing method of use)

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## **Step Three: Things I do regularly (or want to do more) to stay well**

(Consider ways you take care of your physical and mental health)

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## **Step Four: People who support my wellness and I can ask for help**

Name: \_\_\_\_\_ Phone: \_\_\_\_\_  
Name: \_\_\_\_\_ Phone: \_\_\_\_\_  
Name: \_\_\_\_\_ Phone: \_\_\_\_\_

## **Step Five: Professionals and agencies I can call in a crisis**

Name: \_\_\_\_\_ Phone: \_\_\_\_\_  
Program: \_\_\_\_\_ Phone: \_\_\_\_\_  
Detox/Urgent Care: \_\_\_\_\_ Phone: \_\_\_\_\_  
Local Crisis Hotline: \_\_\_\_\_  
SAMHSA's National Helpline: 1-800-662-HELP (4357)

## **Step Six: The number one reason I want to live today**

- \_\_\_\_\_

## **Step Seven: The next step I am willing to take to reduce my risk**

- \_\_\_\_\_