

Safety Plan

WARNING
SIGNS

INCLUDE :

Thoughts
 Feelings
 Behaviors
 Moods



COPING
SKILLS

Is there anything keeping you from using these skills?

Yes No

List if any:

PEOPLE WHOM I CAN ASK FOR HELP:

Name: _____
 Phone #: _____

Name: _____
 Phone #: _____

Name: _____
 Phone #: _____

Name: _____
 Phone #: _____

Name: _____
 Phone #: _____

Name: _____
 Phone #: _____

PROFESSIONALS I CAN CONTACT DURING A CRISIS:

Name: _____
 Address: _____
 Email: _____
 Phone #: _____

Name: _____
 Address: _____
 Email: _____
 Phone #: _____

Name: _____
 Address: _____
 Email: _____
 Phone #: _____

SAFE
ENVIRONMENT

Add people, social settings, or actions

One thing most important to me:



Mental Health Resources

MENTAL HEALTH SUPPORT LINES

Suicide & Crisis Hotline (and text)	988
Suicide & Crisis Hotline for Deaf & HoH	711 then 988
CA Consumer Warmline (Non-Crisis)	(916) 366-4668
National Domestic Violence Hotline	(800) 799-7233
CA Youth Crisis Line	(800) 843-5200
Teenline	(800) 852-8336
National Human Trafficking Resource Center	(888) 373-7888
RAINN	(800) 656-4673
Gay and Lesbian National Hotline	(888) 843-4564
The Trevor Project Suicide Prevention	(866) 488-7386
Substance Abuse (SAMHSA) Helpline	(800) 252-6465

WALK-IN CRISIS CARE

Emergency Room nearest you

Sutter-Yuba Crisis (7am-11pm)

- (530) 673-8255
- 1965 Live Oak Blvd

Sac Mental Health Urgent Care (24/7)

- (916) 520-2460
- 2130 Stockton Blvd Ste 300

Sutter-Yuba County

Behavioral Health: (530) 822-7200

Sacramento County

Behavioral Health: (916) 875-1055

Peach Tree Behavioral Health:

(530) 749-3242, Option 2

