

## My Safety Plan

I, \_\_\_\_\_ agree to make a commitment to living. I understand that this means I agree to be actively involved in all aspects of treatment including using my safety plan:

- Here are some warning signs, (thoughts, ideas, images, behaviors, moods and feelings) that would let me know that I need to use my safety plan:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

- These are things I can do, on my own, to take my mind off my problems (relaxation techniques, physical activities):

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

- These are people or places that could help me take my mind off my problems for a little while and distract me.

1. Name: \_\_\_\_\_

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

2. Name: \_\_\_\_\_

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

3. Place: \_\_\_\_\_

4. Place: \_\_\_\_\_

- These are family members or friends I could talk to when I am in a crisis and need help:

1. Name: \_\_\_\_\_

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

2. Name: \_\_\_\_\_

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

3. Name: \_\_\_\_\_

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

- These are professionals and agencies I can contact during a crisis:

Emergency Number: \_\_\_\_\_

911

National Suicide Prevention Lifeline: \_\_\_\_\_

800-273-8255 (TALK)

Callahan County Sherriff's Department: \_\_\_\_\_

325-854-1444

Abilene: Betty Hardwick Center: \_\_\_\_\_

800-758-3344

- The things that are the most important to me and worth living for are: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

# Our Family Safety Plan

I, \_\_\_\_\_ agree to support and assist, \_\_\_\_\_

with their commitment to living and to be actively involved in all aspects of treatment including:

- Providing a healthy and safe environment,
- Removing access to firearms, medicines, and other dangerous objects,
- Providing access to mental health services
- Participating in our safety plan and calling 911 if our family is not safe.
- In times of crisis or major mood shifts I will support and assist my child with:

- Things they can do, on their own, to take their mind off their problems like:

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

- Contacting people or going to places that will take their mind off their problems:

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

- Contacting family members and friends that they can talk to when they are in crisis:

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

- My Important Numbers

Emergency Number: \_\_\_\_\_ 911

National Suicide Prevention Lifeline: \_\_\_\_\_ 800-273-8255 (TALK)

Callahan County Sherriff's Department: \_\_\_\_\_ 325-854-1444

Abilene: Betty Hardwick Center \_\_\_\_\_ 800-758-3344

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800-273-8255 (TALK)

Comanche County Sherriff's Department: \_\_\_\_\_

325-356-7533

Brownwood: Center for Life Resources: 800-458-7788

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Comanche County Sherriff's Department: \_\_\_\_\_ [325-356-7533](tel:325-356-7533)

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800-273-8255 (TALK)

Eastland County Sherriff's Department: \_\_\_\_\_

254-629-1774

Brownwood: Center for Life Resources: \_\_\_\_\_

800-458-7788

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Emergency Number: \_\_\_\_\_

911

National Suicide Prevention Lifeline: \_\_\_\_\_

800-273-8255 (TALK)

Fisher County Sherriff's Department: \_\_\_\_\_

325-776-2273

Big Spring: West Texas Centers for MHMR: \_\_\_\_\_

800-375-4357

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800-273-8255 (TALK)

Haskell County Sherriff's Department: \_\_\_\_\_

940-864-2345

Wichita Falls: Helen Farabee Regional MHMR Centers: \_\_\_\_\_

800-621-8504

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800-273-8255 (TALK)

Jones County Sherriff's Department: \_\_\_\_\_

325-823-3201

Abilene: Betty Hardwick Center \_\_\_\_\_

800-758-3344

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911

National Suicide Prevention Lifeline: \_\_\_\_\_

800-273-8255 (TALK)

Mitchell County Sherriff's Department: \_\_\_\_\_

325-728-5261

Big Spring: West Texas Centers for MHMR: \_\_\_\_\_

800-375-4357

- The things that are the most important to me and worth living for are: \_\_\_\_\_

Signature: \_\_\_\_\_

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911

National Suicide Prevention Lifeline: \_\_\_\_\_

800-273-8255 (TALK)

Nolan County Sherriff's Department: \_\_\_\_\_

325-235-5471

Big Spring: West Texas Centers for MHMR: \_\_\_\_\_

800-375-4357

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800-273-8255 (TALK)

Scurry County Sherriff's Department: \_\_\_\_\_

325-573-3551

Big Spring: West Texas Centers for MHMR: \_\_\_\_\_

800-375-4357

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800-273-8255 (TALK)

Shackelford County Sherriff's Department: \_\_\_\_\_

325-762-2000

Abilene: Betty Hardwick Center \_\_\_\_\_

800-758-3344

- The things that are the most important to me and worth living for are: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

# Our Family Safety Plan

I, \_\_\_\_\_ agree to support and assist, \_\_\_\_\_

with their commitment to living and to be actively involved in all aspects of treatment including:

- Providing a healthy and safe environment,
- Removing access to firearms, medicines, and other dangerous objects,
- Providing access to mental health services
- Participating in our safety plan and calling 911 if our family is not safe.
- In times of crisis or major mood shifts I will support and assist my child with:

- Things they can do, on their own, to take their mind off their problems like:

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

- Contacting people or going to places that will take their mind off their problems:

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

- Contacting family members and friends that they can talk to when they are in crisis:

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

- My Important Numbers

Emergency Number: \_\_\_\_\_ 911

National Suicide Prevention Lifeline: \_\_\_\_\_ 800-273-8255 (TALK)

Shackelford County Sherriff's Department: \_\_\_\_\_ 325-762-2000

Abilene: Betty Hardwick Center \_\_\_\_\_ 800-758-3344

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## My Safety Plan

I, \_\_\_\_\_ agree to make a commitment to living. I understand that this means I agree to be actively involved in all aspects of treatment including using my safety plan:

- Here are some warning signs, (thoughts, ideas, images, behaviors, moods and feelings) that would let me know that I need to use my safety plan:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

- These are things I can do, on my own, to take my mind off my problems (relaxation techniques, physical activities):

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

- These are people or places that could help me take my mind off my problems for a little while and distract me.

1. Name: \_\_\_\_\_

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

2. Name: \_\_\_\_\_

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

3. Place: \_\_\_\_\_

4. Place: \_\_\_\_\_

- These are family members or friends I could talk to when I am in a crisis and need help:

1. Name: \_\_\_\_\_

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

2. Name: \_\_\_\_\_

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

3. Name: \_\_\_\_\_

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

- These are professionals and agencies I can contact during a crisis:

Emergency Number: \_\_\_\_\_

911

National Suicide Prevention Lifeline: \_\_\_\_\_

800-273-8255 (TALK)

Stephens County Sherriff's Department: \_\_\_\_\_

254-559-2481

Abilene: Betty Hardwick Center \_\_\_\_\_

800-758-3344

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Signature: \_\_\_\_\_

Date: \_\_\_\_\_

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- Contacting people or going to places that will take their mind off their problems:

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Stephens County Sherriff's Department: \_\_\_\_\_ 254-559-2481

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

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911

National Suicide Prevention Lifeline: \_\_\_\_\_

800-273-8255 (TALK)

Stonewall County Sherriff's Department: \_\_\_\_\_

940-989-3333

Wichita Falls: Helen Farabee Regional MHMR Centers: \_\_\_\_\_

800-621-8504

- The things that are the most important to me and worth living for are: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

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Stonewall County Sherriff's Department: \_\_\_\_\_ 940-989-3333

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Signature: \_\_\_\_\_ Date: \_\_\_\_\_



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2. Name: \_\_\_\_\_

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

3. Name: \_\_\_\_\_

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

- These are professionals and agencies I can contact during a crisis:

- Emergency Number: \_\_\_\_\_ 911

National Suicide Prevention Lifeline: \_\_\_\_\_ 800-273-8255 (TALK)

Taylor County Sherriff's Department: \_\_\_\_\_ 325-674-1300

Abilene: Betty Hardwick Center \_\_\_\_\_ 800-758-3344

- The things that are the most important to me and worth living for are: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

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Taylor County Sherriff's Department: \_\_\_\_\_ 325-674-1300

Abilene: Betty Hardwick Center \_\_\_\_\_ 800-758-3344

Signature: \_\_\_\_\_ Date: \_\_\_\_\_