

Plan for Safety

PLAN AHEAD

My best place for relaxing in my home is: _____

Healthy, easy foods I like to eat are: _____

People I can ask for help when I need it:

1. _____ 2. _____

Ways I like to exercise and connect with other people:

1. _____ 2. _____

JUST IN CASE

You can find resources and people to keep you healthy mentally and physically. If it's not going well, it's good to recognize that and get help.

My early signs that I am feeling bad, depressed, or too anxious:

- _____
- _____
- _____
- _____

It can be difficult to talk about not doing well. If you feel like this, who are 3 people you would talk with?

1. Name: _____ Phone Number: _____

2. Name: _____ Phone Number: _____

3. Name: _____ Phone Number: _____

What will you say? _____

GET HELP

If it is not an emergency, but I need advice:

- Provider's office daytime phone: _____
- Provider/clinic after hours: _____

If it is emergency, I will immediately call 9-1-1 or the UNI hotline: 801-587-3000

I commit to the safety of myself, my family and others. If I feel that I may be, or am in danger of hurting myself or others, I will call 9-1-1 immediately or go to the nearest Emergency Room.

Client Name

Date

Client Support: Family/Friend

Date