

# HEALING MINDS

Psychiatric-Mental Health Nurse Practitioner

## Safety Plan / Crisis Plan Agreement

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This safety plan outlines steps the patient agrees to take during times of elevated distress or crisis.  
This form is NOT for emergencies. Call 911 or 988 immediately if you are in danger.

Warning Signs (What indicates a crisis may be developing?):

Coping Strategies (What you can do to calm or help yourself):

Support System (Who you can contact for support):

Steps to Ensure Safety (Removing means, securing medications, etc.):

Signature (Typed Name):

Date: