



Safety Plan



Evaluator Name: _____

Date: _____

Step 1: Warning signs (thoughts, mood, situation, behavior) that a crisis may be developing:

1. _____
2. _____
3. _____

Step 2: Coping strategies - Things I can do to take my mind off my problems (relaxation technique, physical activity):

1. _____
2. _____
3. _____

Step 3: People that provide support:

- | | | |
|------------|--------------------|---------|
| Name _____ | Relationship _____ | # _____ |
| Name _____ | Relationship _____ | # _____ |
| Name _____ | Relationship _____ | # _____ |

Step 4: Places that help make me feel safe / calm:

1. _____
2. _____
3. _____

Step 5: Professionals / agencies I can contact during a crisis:

- | | |
|---|--|
| 1. 9-1-1 Emergency | 4. SLO County Behavior Health 800-838-1381 |
| 2. San Luis Obispo Hotline 800-783-0607 | 5. Hospital Emergency Room |
| 3. Suicide Prevention Lifeline 800-273-8255 | 6. _____ |

Step 6: Making the environment safe (removing any weapons, removing medications, removing dangerous items):

1. _____
2. _____
3. _____

Step 7: Three things worth living for:

1. _____
2. _____
3. _____

Client's Signature

Date

Evaluator's Signature

Print Client Name

Record Number



Safety Plan



Crisis Services

<input type="checkbox"/>	County Behavioral Health Managed Care: Available 24/7	800-838-1381
<input type="checkbox"/>	SLO Hotline: Emotional Support & Suicide Prevention Hotline, Available 24/7	800-783-0607
<input type="checkbox"/>	2-1-1 SLO County: Health & Human Services Information & Referrals 24/7	211
<input type="checkbox"/>	National Crisis Text Hotline: Text Message-Based Service, Available 24/7	Text 741-741
<input type="checkbox"/>	Crisis Stabilization Unit (CSU): Available 24/7	805-788-2507

North County Behavioral Health Services

<input type="checkbox"/>	North County Mental Health Clinic: Serves Adults & Youth 5575 Hospital Drive, Atascadero	805-461-6060
<input type="checkbox"/>	North County Drug & Alcohol Services: Serves Adults & Youth 3356 El Camino Real, Atascadero	805-461-6080

Central County Behavioral Health Services

<input type="checkbox"/>	Central County Adult Mental Health Clinic: Serves Adults Only 2178 Johnson Avenue, San Luis Obispo	805-781-4700
<input type="checkbox"/>	Central County Behavioral Health Youth Clinic: Serves Youth Only 1989 Vicente Drive, San Luis Obispo	805-781-4179
<input type="checkbox"/>	Central County Drug & Alcohol Services: Serves Adults & Youth 2180 Johnson Avenue, San Luis Obispo	805-781-4275

South County Behavioral Health Services

<input type="checkbox"/>	South County Adult Mental Health Clinic: Serves Adults Only 1350 East Grand Avenue, Arroyo Grande	805-474-2154
<input type="checkbox"/>	South County Youth Mental Health Clinic: Serves Youth Only 354 South Halcyon Road, Arroyo Grande	805-473-7045
<input type="checkbox"/>	South County Drug & Alcohol Services: Serves Adults & Youth 1523 Longbranch, Grover Beach	805-473-7080
<input type="checkbox"/>	South County SAFE Family Resource Center: Serves Families & Children 1086 East Grand Avenue, Arroyo Grande	805-474-2105

Counseling & Health Services

<input type="checkbox"/>	Balance Treatment Center: Intensive Outpatient Services	855-414-8100
<input type="checkbox"/>	Holman Group: Psychological Services for Mild to Moderate Conditions	800-321-2843
<input type="checkbox"/>	Community Counseling Center: Short-Term, Low-Cost, Professional Counseling	805-543-7969
<input type="checkbox"/>	National Alliance on Mental Illness (NAMI): Mental Health Support	800-950-6264
<input type="checkbox"/>	Covered California: Health Insurance and Medi-Cal Program	800-300-1506
<input type="checkbox"/>	Community Health Centers (CHC): Medical, Dental, Chiropractic and Specialty Care	805-269-1500

Homeless Services

<input type="checkbox"/>	Homeless Outreach Team (HOT)	805-548-2644
<input type="checkbox"/>	Transitions Mental Health Association: Wellness Centers	805-540-6500
<input type="checkbox"/>	Prado Day Center: Homeless Services (phone, shower, locker, medical, etc.) 43 Prado Road, San Luis Obispo	805-786-0617
<input type="checkbox"/>	ECHO: Homeless Services (food, shelter, job assistance, case management for housing assistance) 6370 Atascadero Avenue, Atascadero	805-462-3663

Food Banks

<input type="checkbox"/>	The People's Kitchen of San Luis Obispo: 1937 Riverside Avenue, Paso Robles	805-235-9712
<input type="checkbox"/>	North County Food Bank: 2212 Golden Hill Road, Paso Robles	805-238-4664
<input type="checkbox"/>	South County Food Bank: 1820 Railroad Road, Oceano	805-481-4652
<input type="checkbox"/>	Food Bank Coalition of San Luis Obispo: 1180 Kendall Road, San Luis Obispo	805-238-4664

Additional Services

<input type="checkbox"/>	Stand Strong: Domestic Violence Services Located in San Luis Obispo & Paso Robles	General: 805-781-6401 Crisis: 805-781-6400
<input type="checkbox"/>	RISE Crisis Intervention & Treatment Services For Sexual & Intimate Partner Violence	General: 805-226-5400 Crisis: 855-886-7473
<input type="checkbox"/>	Family Care Network: Services for Children & Youth 1255 Kendall Road, San Luis Obispo	805-781-3535
<input type="checkbox"/>	Private Insurance: _____	
<input type="checkbox"/>	School-Based Counseling Services: _____	
<input type="checkbox"/>	Other Supports: _____	



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