



Crisis Safety Plan



Name: _____ Date: _____

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

1. _____
2. _____
3. _____

Step 2: Coping strategies – things 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: Professional agencies I can contact 24/7 during a crisis:

1. Central Coast Hotline: 800-783-0607 (for in-person response, request Mobile Crisis Services)
2. 9-1-1 Emergency or Hospital Emergency Room
3. Other: _____

Step 6: Making the environment safe (removing potential weapons, medications, dangerous items, etc.):

1. _____
2. _____
3. _____

Step 7: Three things worth living for:

1. _____
2. _____
3. _____

Client's Signature/Mark _____ Date _____ Evaluator's Signature _____

Print Client's Name _____ Record Number _____



Crisis Safety Plan



Crisis Services

<input type="checkbox"/>	Crisis Stabilization Unit (CSU): Available 24/7, Walk-Ins Daily from 10am-9pm (Medi-Cal, Private Insurance & Self-Pay) 2180 B Johnson Avenue, San Luis Obispo	805-788-2507
<input type="checkbox"/>	Mobile Crisis Services: Available 24/7 for Anyone, Anywhere, Anytime	800-838-1381
<input type="checkbox"/>	Marian Regional Medical Center Crisis Outpatient Unit (OPU): Available 24/7 (Medi-Cal, Private Insurance & Self-Pay) Must be referred through the Emergency Department at the Marian campus or Arroyo Grande Campus	805-614-5620
<input type="checkbox"/>	National Crisis Text Hotline: Text Message-based Emotional Support and Suicide Prevention Hotline, Available 24/7	Text 741-741
<input type="checkbox"/>	Central Coast Hotline: Phone-based Emotional Support & Suicide Prevention Hotline, Available 24/7	800-783-0607

North County Behavioral Health Services

<input type="checkbox"/>	North County Mental Health Clinic: Serves Adults & Youth (Medi-Cal) 5575 Hospital Drive, Atascadero	805-461-6060
<input type="checkbox"/>	North County Drug & Alcohol Services: Serves Adults & Youth (Medi-Cal) 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 (Medi-Cal) 2178 Johnson Avenue, San Luis Obispo	805-781-4700
<input type="checkbox"/>	Central County Behavioral Health Youth Clinic: Serves Youth Only (Medi-Cal) 1989 Vicente Drive, San Luis Obispo	805-781-4179
<input type="checkbox"/>	Central County Drug & Alcohol Services: Serves Adults & Youth (Medi-Cal) 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 (Medi-Cal) 1350 East Grand Avenue, Arroyo Grande	805-474-2154
<input type="checkbox"/>	South County Youth Mental Health Clinic: Serves Youth Only (Medi-Cal) 354 South Halcyon Road, Arroyo Grande	805-473-7045
<input type="checkbox"/>	South County Drug & Alcohol Services: Serves Adults & Youth (Medi-Cal) 1523 Longbranch, Grover Beach	805-473-7080
<input type="checkbox"/>	South County SAFE Family Resource Center: Serves Families & Children (Medi-Cal) 1086 East Grand Avenue, Arroyo Grande	805-474-2105

Counseling & Health Services

<input type="checkbox"/>	Aspire Counseling Services: Intensive Outpatient Mental Health and Substance Abuse Services (Private Insurance)	888-585-7373
<input type="checkbox"/>	Balance Treatment Center: Intensive Outpatient Mental Health and Substance Abuse Services (Private Insurance)	855-414-8100
<input type="checkbox"/>	Balance Kids Youth Treatment Center: Intensive Outpatient Services (Private Insurance)	805-458-6388
<input type="checkbox"/>	Community Counseling Center: Short-Term, Low-Cost, Professional Counseling (Sliding Scale)	805-543-7969
<input type="checkbox"/>	Community Health Centers (CHC): Medical, Dental, Chiropractic and Specialty Care (Medi-Cal)	805-269-1500
<input type="checkbox"/>	Family Care Network: Services for Children & Youth	805-781-3535
<input type="checkbox"/>	Good Samaritan Sobering and Stabilization Center: 24/7 Sobering Services (Medi-Cal) 1940 Santa Barbara Ave., San Luis Obispo	805-930-1550
<input type="checkbox"/>	Holman Group: Psychological Services for Mild to Moderate Conditions (Medi-Cal)	800-321-2843
<input type="checkbox"/>	Hospice of SLO: End of Life and Grief Support Services (No Cost)	805-544-2266
<input type="checkbox"/>	Lumina Alliance: For Persons Impacted by Sexual and Intimate Partner Violence Located in San Luis Obispo, Grover Beach & Paso Robles	24/7 Crisis & Info 805-545-8888
<input type="checkbox"/>	MindPath Health: Psychiatric Care Services (Private Insurance)	805-250-2996
<input type="checkbox"/>	Pacific Psychiatry: Psychiatric Care Services (Medi-Cal & Private Insurance)	805-544-2266
<input type="checkbox"/>	Sun Street Center for Recovery: 24/7 Residential Treatment Program (Medi-Cal, Private Insurance & Self-Pay) 34 Prado Road, San Luis Obispo	805-457-3331
<input type="checkbox"/>	Transitions Mental Health Association: Housing & Employment, Youth & Family, Counseling Services (Medi-Cal & Free)	805-540-6500
<input type="checkbox"/>	Tri-Counties Regional Center: For Persons with Developmental Disabilities (Medi-Cal, Private Insurance & Self-Pay)	805-543-2833
<input type="checkbox"/>	Wilshire Health and Community Services: Counseling and Supportive Services for Older Adults	805-547-7025

Homeless Services

<input type="checkbox"/>	ECHO: Homeless Services (food, shelter, job assistance, case management for housing assistance) 6370 Atascadero Avenue, Atascadero	805-462-3663
<input type="checkbox"/>	Prado Day Center: Homeless Services (phone, shower, locker, medical, etc.) 40 Prado Road, San Luis Obispo	805-544-4044
<input type="checkbox"/>	Transitions Mental Health Association: Wellness Centers, BH Navigation, and Homeless Services	805-540-6400

Food Banks

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

Additional Services

<input type="checkbox"/>	National Alliance on Mental Illness (NAMI): Mental Health Support	800-950-6264
<input type="checkbox"/>	Other: _____	