



Safety Plan Questionnaire

G2G Ranch

This is not a medical document. This form is a tool designed to help families identify triggers and be proactive in obtaining care.

1. Personal warning signs - What thoughts, feelings, or behaviors signal you may be entering a crisis?

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2. Internal coping strategies - What healthy activities help you cope, regulate, or calm down?

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3. Social support - Who can you contact in case of an emergency? (Friends, Family, Command Staff, etc.)

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4. Safe Places - Where are comforting/safe places you can go to ground yourself? (Physically or Mentally)

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5. Professional Resources - List professionals or organizations you can reach out to. (Suicide Crisis Line, chat forums, etc.)

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6. Personal Motivations - What are your reasons to keep going and stay in the fight?

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7. Potential Devices of Harm - What are potential items of self harm? (i.e. Knives, pills, Firearms, etc.) These should be secured safely until you are able to regulate.

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8. Crisis Action Plan - GOTWA - Step-by-step actions to take if you or your loved one is in a crisis.

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| Going - |
| Others - |
| Time - |
| What - |
| Actions - |

Important Crisis Resources: In need of immediate emergency care? Dial 911

Veterans Crisis Line: 988 ext.1 or text 838255

First Responder Support Network: 415-721-9789

National Suicide Prevention Lifeline: 988

Local Chapters / Department Chaplain: _____



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Revision Date: _____

| <u>Medications</u> | <u>Dose</u> | <u>Frequency</u> |
|--------------------|-------------|------------------|
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Revision Date: _____

| <u>Emergency Contacts</u> | <u>Relation</u> | <u>Phone Number</u> |
|---------------------------|-----------------|---------------------|
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| Suicide Crisis Line | — | 988 |
| Emergency Services | — | 911 |

You are not alone!