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| COPING PLAN |
| **STEP 1: Warning Signs:** |
| 1. |
| 2. |
| 3. |
| **STEP 2: Internal Coping Strategies – *Things I can do to take my mind off my problems without needing to contact another person*:** |
| 1. |
| 2. |
| 3. |
| **STEP 3: People and Social Settings That Provide Distraction:** |
| 1. Name Phone |
| 2. Name Phone |
| 3. Name Phone |
| **STEP 4: People Whom I Can Ask for Help:** |
| 1. Name Phone |
| 2. Name Phone |
| 3. Name Phone |
| **STEP 5: Professionals or Agencies I Can Contact During a Crisis:** |
| 1. Clinician Phone |
| Clinician Pager or Emergency Contact |
| 2. Clinician Phone |
| Clinician Pager or Emergency Contact |
| 3. Local Urgent Care Services |
| Local Urgent Care Services Address |
| Local Urgent Care Services Phone |
| 4. VA Suicide Prevention Resource Coordinator Name |
| VA Suicide Prevention Resource Coordinator Phone |
| 5. VA Suicide Prevention Hotline Phone **1-800-273-TALK (8255)**, press 1 for Veterans |
| **STEP 6: Making the Environment Safe:** |
| 1. |
| 2. |