

SAFETY PLAN

Step 1: Warning signs - How I know a crisis may be developing:

1. yelling
2. sleeping during day
3. tense
4. depressed
5. watching too much video

Step 2: Internal coping strategies:

1. Walking
2. Breathing
3. Watching Youtube
4. Listening to podcast

Step 3: People and social settings that provide a feeling of safety / comfort:

1. Name: Paul Westfall Phone: 206 491 7226
2. Name: _____ Phone: _____
3. Place: Cal Anderson Park
4. Place: Westlake Park

Step 4: Family / Friends / Mentors whom I can call for help:

1. Name: Gloria Clemans Phone: 206 578 8603
2. Name: Charles Clemans Phone: 206 578 7113
3. Name: Michael Beebe Phone: 206 340 9954

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

1. CPC Crisis Line: 206-461-3222
2. King County 24-Hour Crisis Line: 1-866-427-4747
3. Local Hospital: Harborview Medical Center ED: 325 9th Ave Seattle, WA 98104
4. 911: "Hi my name is Timothy Clemans. I'm feeling suicidal and I'm calling 911 because I want help. My mental health providers told to say the following if I need help from the police: I previously attempted suicide by cop. Please let the responding officers know this."

Step 6: Statement to myself regarding my life:

I want to help people. I need to be alive to do that.