



Safety Plan



Name: _____ Date: _____

When I am Doing Well: *How do you feel when things are going well in your life?*

1. _____
2. _____

My Warning Signs of Potential Crisis: *What feelings, thoughts, or beliefs would help you recognize that a crisis may be starting?*

1. _____
2. _____

Ways to Support Myself: *What are some healthy strategies, activities (hobbies, interests, etc.) you enjoy that help you focus on taking care of yourself?*

1. _____
2. _____

Coping Skills: *What are some positive coping strategies to use in moments when you are feeling overwhelmed, or anxious?*

1. _____
2. _____

People or Social Settings that Provide Support: *What connections do you have with family, friends, faith groups, communities, or pets? Where do you feel safe and supported? Who is the person(s) and contact(s) that you can openly talk about your crisis with?*

Name/Place: _____

Name/Place: _____

Professionals and Agencies I can Reach Out to During a Crisis: *Available 24/7*

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

Ways to Make My Environment Safe: *Are there things you can remove or put away to help keep you safe? Are there any firearms/weapons in your home? If so, are they stored safely? Is there someone who can support you with this?*

1. _____
2. _____

Additional Resources: *Available 24/7*

- 988 Suicide and Crisis Lifeline: Call/Text 9-8-8
- Peer Warmline: Call/Text 1-855-845-7415
- The Trevor Project (for LGBTQ+ Youth): Call 1-866-488-7386; Text START to 678-678
- Crisis Text Line: Text HOME to 741-741
- Trans Lifeline: Call 1-877-565-8860

Client's Signature/Mark

Date

Crisis/Peer Specialist's Signature

Record Number

Print Crisis/Peer Specialist's Name



Safety Plan



Crisis Services

<input type="checkbox"/>	Crestwood San Luis Obispo County Psychiatric Health Facility (PHF): (Medi-Cal) 2178 Johnson Ave., San Luis Obispo Accepts individuals who have been assessed by qualified professionals and meet specific criteria	805-903-1905
<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

North County Behavioral Health Services

<input type="checkbox"/>	Paso Robles Health Campus: Services Adults Only (Medi-Cal) 805 4 th St., Paso Robles	805-226-3200
<input type="checkbox"/>	Atascadero Adult & Youth Mental Health Services: Serves Adults & Youth (Medi-Cal) 5575 Hospital Dr., Atascadero	805-461-6060
<input type="checkbox"/>	Paso Robles Adult & Youth Drug & Alcohol Services: Serves Adults & Youth (Medi-Cal) 805 4 th St., Paso Robles	805-226-3200

Central County Behavioral Health Services

<input type="checkbox"/>	San Luis Obispo Adult Mental Health Services: Serves Adults Only (Medi-Cal) 2178 Johnson Ave., San Luis Obispo	805-781-4700
<input type="checkbox"/>	San Luis Obispo Youth Mental Health Services: Serves Youth Only (Medi-Cal) 2975 McMillan Ave. Suite 160, San Luis Obispo	805-781-4179
<input type="checkbox"/>	San Luis Obispo Adult Drug & Alcohol Services: Serves Adults Only (Medi-Cal) 2180 Johnson Ave., San Luis Obispo	805-781-4275

South County Behavioral Health Services

<input type="checkbox"/>	Arroyo Grande Adult Mental Health Services: Serves Adults Only (Medi-Cal) 1350 East Grand Ave., Arroyo Grande	805-474-2154
<input type="checkbox"/>	Arroyo Grande Youth Mental Health Services: Serves Youth Only (Medi-Cal) 1666 Ramona Ave. Grover Beach	805-473-7060
<input type="checkbox"/>	Grover Beach Adult & Youth Drug & Alcohol Services: Serves Adults & Youth (Medi-Cal) 1523 Longbranch Ave., Grover Beach	805-473-7080
<input type="checkbox"/>	South County SAFE Family Resource Center: Serves Families & Children (Medi-Cal) 1086 East Grand Ave., 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)	
<input type="checkbox"/>	Family Care Network: Services for Children & Youth	805-269-1500
<input type="checkbox"/>	Good Samaritan Sobering and Stabilization Center: 24/7 Sobering Services (Medi-Cal) 2180 Johnson Ave., San Luis Obispo	820-280-0415
<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: Psychiatry Care Services (Private Insurance)	805-250-2996
<input type="checkbox"/>	Pacific Psychiatry: Psychiatric Care Services (Medi-Cal & Private Insurance)	805-541-6000
<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 (TMHA): Housing, Employment & 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

Homeless Services

<input type="checkbox"/>	ECHO: Homeless Services (food, shelter, job assistance, case management for housing assistance) 6370 Atascadero Ave., Atascadero	805-462-3663
<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"/>	Transitions Mental Health Association: Wellness Centers	805-540-6500

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: 44 Prado Rd. San Luis Obispo	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"/>	Private Insurance: _____	
<input type="checkbox"/>	School-Based Counseling Services: _____	
<input type="checkbox"/>	Other Supports: _____	