



Safety Plan

Current concerns: *What current challenges, stressors, or concerns are contributing to how you're feeling today?*

1. _____
2. _____

My Goal: *Think about your healthy baseline or one realistic goal you'd like to work toward.*

1. _____
2. _____

Warning Signs of a Developing Crisis: *How will I know I need to use this safety plan?*

1. **Internal Warning Signs** *(Thoughts, feelings, emotions, physical sensations, or urges)*

2. **External Warning Signs** *(Situations, behaviors, or events)*

Coping Skills: *Healthy coping strategies, grounding techniques, or activities I can use when crisis is developing.*

1. _____
2. _____

Ways to Support Myself: *Appointments, changes to my routine, healthy activities, or other actions that may help me manage this situation.*

1. _____
2. _____

People Who Can Support me: *Who can I reach out to and how can they help?*

NAME	HOW THEY CAN HELP

Professional Agencies to Reach out to in Crisis:

1. **Central Coast Hotline: (800) 783 - 0607** (Mobile Crisis Team)
2. **911 Emergency or Hospital Emergency Room**
3. **Other:** _____



Safety Precautions: *Ways to make my environment safe (remove triggers & add supports)*

1. _____
2. _____

Next Steps: *Follow ups, appointments, goals or next steps I'll take after today.*

1. _____



CRISIS RESOURCES

☐ Central Coast Hotline: <i>local mental health crisis hotline 24/7</i>	(800) 783 - 0607
☐ 9-8-8 National Suicide Prevention Hotline	<i>call or text 988</i>
☐ Marian Regional Medical Center Crisis Outpatient Unit (OPU)	(805) 614 - 5620
☐ California Warmline: <i>Call or Text to speak with a peer/counselor</i>	(855) 600 - 9276
☐ National Friendship Line: <i>People aged 60+</i>	(888) 670 - 1360
☐ National Trevor Lifeline: <i>(LGBTQ+ Youth Hotline)</i>	(866) 488 - 7386



OUTPATIENT MENTAL HEALTH RESOURCES

MEDI-CAL /CENCAL / MEDI-MEDI INSURANCE

☐ CALL County of SLO Behavioral Health Access Line to Enroll	(800) 783 - 0607
☐ Paso Robles Adult Mental Health Clinic 805 4 th Street, Paso Robles, CA 93446	(805) 237 - 3090
☐ Atascadero Adult Mental Health Clinic 5575 Hospital Drive, Atascadero, CA 93442	(805) 461 - 6060
☐ San Luis Obispo Adult Mental Health Clinic 2178 Johnson Ave, SLO, CA 93401	(805) 781 - 4700
☐ Arroyo Grande Adult Mental Health Clinic 1350 E Grand Avenue, AG, CA 93420	(805) 474 - 2154

OTHER INSURANCE/NO INSURANCE *make sure to verify your coverage with each provider*

☐ Aspire Counseling Services: <i>intensive outpatient mental health (Youth & Adult)</i>	(805) 541 - 3211
☐ Balance Treatment Center: <i>intensive outpatient mental health (Youth & Adult)</i>	(855) 414 - 8100
☐ Community Counseling Center: <i>short-term & low cost counseling</i>	(805) 543 - 7969
☐ Transitions Mental Health Association (TMHA)	(805) 540 - 6500
☐ Pacific Psychiatry: <i>Psychiatric Care Services</i>	(805) 541 - 6000
☐ Psychology Today: <i>Online resource for locating outpatient services</i>	psychologytoday.com



OUTPATIENT YOUTH MENTAL HEALTH RESOURCES

☐ Atascadero Youth Mental Health Clinic 5575 Hospital Dr., Atascadero, CA 93446	(805) 461 - 6113
☐ Paso Robles Youth Mental Health Clinic 805 4 th Street, Paso Robles, CA 93446	(805) 237 - 3070
☐ San Luis Obispo Youth Mental Health Clinic 2975 McMillian Suite 160, SLO, CA	(805) 781 - 4179
☐ Grover Beach Youth Mental Health Clinic 1666 Ramona Ave, Grover Beach, CA	(805) 473 - 7060
☐ Family Care Network: <i>Services for families, children & youth</i>	(805) 269 - 1500



OUTPATIENT DRUG & ALCOHOL SERVICES

☐ San Luis Obispo Clinic: <i>(walk in hours available) 2180 Johnson Avenue, SLO, CA</i>	(805) 781 - 4275
☐ Grover Beach Clinic: <i>(walk in hours available) 1523 Longbranch Ave, Grover Beach</i>	(805) 473 - 7080
☐ Paso Robles Clinic: <i>(walk in hours available) 805 4th Street, Paso Robles, CA</i>	(805) 226 - 3200
☐ Atascadero Clinic: <i>(walk in currently not available) 5575 Hospital Dr., Atascadero</i>	(805) 461 - 6080
☐ Good Samaritan Sobering and Stabilization Center: 24/7	(820) 280 - 0415



HOUSING, FOOD & OTHER

☐ 2-1-1 Local Resource Directory (24/7)	<i>call or text 211</i>
☐ SLO Food Bank	(805) 238 - 4664
☐ 40 Prado Day Center: <i>Homeless Services CAPSLO</i>	(805) 544 - 4004
☐ ECHO Homeless Shelters: <i>Atascadero and Paso Robles</i>	(805) 462 - 3663
☐ Lumina Alliance: <i>For persons impacted by sexual & intimate partner violence</i>	(805) 545 - 8888
☐ Tri-Counties Regional Center: <i>for persons with developmental disabilities</i>	(805) 543 - 2833
☐ Hospice of SLO County	(805) 544 - 2266
☐ Restorative Partners: <i>Justice Related Services for clients and families</i>	(805) 242 - 1272