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Suicide/Self-Harm Safety Plan

I understand my therapist is not an immediate option if I am in crisis. Crises can be discussed, and safety plans can be created during a scheduled appointment, however if there is an emergency or immediate concerns, I will contact one of the following options:

- **Call National Suicide Hotline:** (800) 273-8255 or dial 988
- **The Trevor Project:** LGBTQ+ (866) 488-7386
- **Text Crisis Text Line:** 741741
- **National Domestic Violence Hotline:** (800) 799-7233
- **Call 911 if it is an emergency!**

Should a safety concern arise in which the therapist much reach out to a trusted individual to confirm or ensure safety, my therapist should contact the following individual:

Name: _____
Phone number: _____

Name: _____
Phone number: _____

Name: _____
Phone number: _____

Patient's Name: _____ Date _____

Clinician's Name: _____ Date _____

I hereby authorize my therapist to reach out to the individuals listed above in the event of a mental health emergency where my safety or the safety of others is in jeopardy.

Patient's Name _____ Date _____

Clinician's Name _____ Date _____