

Mental Health

Safety Plan Worksheet



This worksheet is a tool designed to help you create a personalized plan to manage stress, anxiety, or emotional crises. Please take the time to fill it out. This can be useful when you're feeling overwhelmed and need a clear path navigating through challenging times.

General Information

Name: _____ Phone Number: _____ Local Union: _____

NCSRCC Business Representative: _____ Phone Number: _____

Identify Warning Signs

Recognize your personal signs of stress, anxiety, or a mental health crisis. These are cues that indicate you may need support. *Examples: Trouble sleeping, irritability, lack of concentration, physical pain, isolation etc.*

My warning signs include:

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Coping Strategies

List activities or actions that help you manage your emotions when you're feeling stressed or overwhelmed. These are immediate things you can do to de-escalate your emotions. *Examples: Taking deep breaths, going for a walk, talking to a friend, listening to music, etc.*

When I feel stressed or overwhelmed, I can:

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Support Contacts

Who can you reach out to for support when you are having a tough time? List trusted individuals or professionals you can contact. *Examples: Family members, friends, coworkers, therapist, business representative, etc.*

People I can contact for support:

Name: _____ Phone Number: _____

Name: _____ Phone Number: _____

Name: _____ Phone Number: _____

Emergency Resources

If you are in a crisis and need professional help, these are emergency resources you can use.

Emergency contacts and resources:

- **Suicide & Crisis Lifeline:** Call or text 988
 - **EAP:** TEAM, call 1-800-634-7710
 - **Local Hospital or Clinic:** _____
 - **Other:** _____
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Who or What is Your Reason “Why”?

Sometimes, focusing on the people or things that motivate you can help during a crisis. What’s your reason to keep pushing forward?

My reason(s) why I keep going are:

Personal Actions for Grounding

When emotions run high, grounding exercises can help bring you back to the present moment. What are some ways you can ground yourself when feeling overwhelmed? Examples: Deep breathing, counting backwards, or naming five things you can see or hear.

Grounding techniques that work for me:

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My Safe Environment

If you are feeling overwhelmed, it is important to create a mental or physical safe space where you can de-stress. This could mean stepping away from the job site temporarily, taking a mental health day or engaging in an activity that relaxes you.

Safe places for me:

- **Suicide & Crisis Lifeline:** Call or text 988
 - **Local Hospital or Clinic:** _____
 - **Employee Assistance Program:** TEAM, call 1-800-634-7710
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Positive Affirmations or Reminders

Write down a few encouraging phrases or reminders to help you during difficult moments. These should be things that uplift you and give you strength.

Affirmations and Reminders:

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Action Steps During a Crisis

When you are feeling overwhelmed or in a crisis, it is important to have a clear action plan. Write out steps to follow if things get too difficult to handle on your own.

Example: My Safety Action Plan

Step 1: Recognize my warning signs.

Step 2: Use a coping strategy that works for me.

Step 3: Reach out to my support contacts.

Step 4: If I still feel overwhelmed, contact my emergency resources.

This plan is for **you** - take the time to revisit it when necessary and make updates as needed. Remember, your mental health is just as important as your physical health, and it is ok to ask for help when you need it. Keep this plan easily accessible, and do not hesitate to reach out to the support contacts or resources you have listed if you need assistance.