

Sample Completed Safety Plan

A sample, filled-out example to show what a safety plan can look like in practice.

A NOTE BEFORE YOU READ THIS

“Jordan” is a fictional, composite example — not a real person, and not drawn from any single individual's story. Names, phone numbers, and details below are entirely illustrative.

This sample exists to help pastors, elders, and lay leaders see what a real, working safety plan can look like once it moves from the blank template (Appendix B) into an actual conversation — specific, personal, and written in the person's own words rather than vague generalities.

When you build a plan with someone in your care, it should sound like them, not like this example. Use their language, their people, and their circumstances.

Name: Jordan R.

Date Completed: [date of conversation]

Completed With: Pastor Mike, after small group on a Tuesday evening

1 Warning Signs I Notice

- Trouble sleeping for more than two nights in a row
- Pulling away from small group and not answering texts from friends
- Catching myself thinking, “everyone would be better off without me”
- Feeling numb during worship, when it used to feel meaningful
- Reaching for a drink/pills to fall asleep instead of just going to bed

2 Things I Can Do on My Own

- Go for a walk outside, even just around the block
- Put on worship music and sit with it, even if I don't feel like singing
- Write down what I'm feeling instead of keeping it circling in my head
- Take a hot shower and get into bed at a normal time
- Read one Psalm out loud, even if I don't feel like praying

3 People or Places That Help Me Feel Less Alone

- Sitting in the back of Tuesday night small group, even if I don't talk
- Calling my sister Casey, even just to talk about nothing in particular
- The coffee shop near church, where the staff know my name
- Sitting in the sanctuary on a weekday afternoon when it's quiet

4 People I Can Contact for Help

Pastor Mike: (555) 010-2938

Casey (sister): (555) 010-4471

Dana (small group leader): (555) 010-6602

5 Professional Resources

Counselor: Sarah Given, Biblical Counselor — (555) 010-7734

Doctor: Dr. Alan Reyes — (555) 010-8825

Crisis Line: 988 Suicide & Crisis Lifeline

6 Steps to Make My Environment Safer

- Asked Casey to hold onto Dad's old firearm until I'm doing better
- Gave my extra prescription medication to Pastor Mike to hold, keeping only a few days' supply at home
- Told Dana what I'm doing, so someone else in my life knows

7 My First Step if Things Get Worse

- Call Casey and ask her to come sit with me, even if I don't want to talk yet
- If I can't reach her, call 988 or go straight to Pastor Mike's office

AGREEMENT

"I agree to use this plan when I feel overwhelmed and to reach out for help."

Signature: Jordan R.

Date:

A WORD FOR THE LEADER WALKING SOMEONE THROUGH THIS

Notice what makes this plan usable: it's specific. Not "call someone," but "call Casey." Not "avoid dangerous items," but a named person holding a named item.

A safety plan built this way, in a person's own words and specific to their real life, is one they're far more likely to actually use in a moment of crisis than a plan filled with vague good intentions.

For the blank template to build one of these with someone in your care, see Appendix B in Holding Hope.