

Restoring Destiny Mental Health Services

Suicide & Emergency Plan

(Updated October 2025)

Client Name: _____

Date of Birth: _____

Date: _____

Purpose

This plan is designed to help you stay safe during moments of emotional crisis or suicidal thoughts. It identifies coping strategies, supportive contacts, and emergency resources to use when you are in distress.

1. Warning Signs

These are thoughts, feelings, or behaviors that let me know I am in distress or at risk:

- _____
- _____
- _____

2. Personal Coping Strategies

These are actions I can take to calm myself and reduce distress:

- _____
- _____
- _____

Examples: deep breathing, prayer, journaling, music, taking a walk, grounding techniques, calling a friend, resting, or using affirmations.

3. Safe People to Contact

If my coping strategies are not enough, I will reach out to trusted supports:

1. Name: _____ Phone: _____
2. Name: _____ Phone: _____
3. Name: _____ Phone: _____

4. Professional & Crisis Contacts

If I am still feeling unsafe or unable to stay safe, I will contact one or more of the following:

My Therapist: _____

RDMHS Office: 443-282-8146

Email: restoringdestinymentalhealth@gmail.com (not for emergencies)

Baltimore Crisis Response (BCRI): 410-433-5175 (24/7 mobile crisis)

Suicide & Crisis Lifeline: Call or text 988 (24/7, confidential)
Emergency: Call 911 or go to the nearest emergency department.

5. Making My Environment Safe

Steps I can take to stay safe when feeling suicidal:

- _____
- _____
- _____

Examples: remove or secure medications, weapons, or sharp objects; stay with a trusted person; avoid isolation; avoid substance use.

6. My Reasons for Living

What keeps me going even when life feels difficult:

- _____
- _____
- _____

7. My Safety Commitment

By signing below, I acknowledge that I understand and agree to use this plan to keep myself safe. I understand that I can revise it anytime with my clinician.

Client Signature: _____ Date: _____

Clinician Signature: _____ Date: _____

Restoring Destiny Mental Health Services

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■ 443-282-8146 ■ www.restoringdestinymentalhealthservices.org

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