

Jana Rundle

CRISIS PREVENTION TOOL

Personal Safety Plan

A proactive approach to mental health crisis prevention



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Before You Begin

Complete this plan when you are feeling calm. Keep copies in multiple places and share it with trusted support people.

Where to Keep It

- One copy somewhere you will see it at home, such as a nightstand or refrigerator
 - A photo of the completed pages on your phone
 - A copy with a partner, family member, or close friend
 - A copy with your therapist or prescriber if you have one
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If You Need Help Right Now

- **Emergency:** 911
- **Suicide and Crisis Lifeline:** 988 (call or text, 24/7)
- **Postpartum Support International HelpLine:** 1-800-944-4773

You do not need to be in immediate danger to use these lines. They are there for hard days too.

My Warning Signs

Early signs that I am struggling, including changes in thoughts, feelings, and behaviors:

For example: sleeping less, withdrawing from people, feeling numb

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What Others Might Notice First

Signs the people close to me tend to see before I do:

Ask a trusted person what they notice

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My Coping Strategies

Things I can do alone to feel better:

For example: a walk outside, a shower, calling one person, stepping into another room

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Places and People That Steady Me

Settings or company that help when being alone is not working:

For example: a specific room, a park, a friend's house

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My Support Network

Write a name, phone number, and relationship on each line.

Name, phone number, relationship

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Who to Call First

The one or two people I will contact before anyone else, and what I want them to do:

For example: stay on the phone with me, come over, drive me to my appointment

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Professional Contacts

Fill in the names, phone numbers, and addresses you would need in a hurry.

Therapist, phone

Psychiatrist or prescriber, phone

OB/GYN, phone

Local ER, address

Always Available

- **Suicide and Crisis Lifeline:** 988
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 - **Emergency:** 911
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- ☐ Remove or secure items I could use to harm myself
- ☐ Have someone else manage medications if needed
- ☐ Create a calm space in my home

Other changes that would make my home feel safer:

Anything else you want changed, moved, or locked away

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Having a plan does not mean you are weak. It means you are taking control of your wellness.