



Safety Plan from *Cognitive Behavioral Therapy and Perinatal Distress* by Amy Wenzel and Karen Kleiman

<b>SAFETY PLAN</b>
STEP 1: Warning signs that I need to use the safety plan
STEP 2: Ways to cope on my own
STEP 3: People I can talk to
STEP 4 People who can help
STEP 5: Professionals who can help
STEP 6: Safeguarding my environment

*Note:* Adapted from Stanley & Brown (2012)