

Safety Plan

For: Kuulei Wong

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Warning Signs

The thoughts, images, mood, situation, or behavior that tell me a crisis may be developing: fatigued, wants to sleep but can't sleep, intense sadness, feeling alone behind in school - actually out of school right now, family conflict, irritable, having bad day

Coping Strategies

Things that I can do on my own to help me deal with a crisis. For example: ways to distract myself, things I can do to relax, phrases I can tell myself. listen to music, try to sleep, painting, journaling, look up funny videos online, start a series on Netflix, "I have been here before and made it through it."

Getting support from others

Places I can go or people I can call to distract me, keep me company, help me feel better, or get support. Go do things w/ sister - get out of house, Go to my mother's + sister-in-law's place, library, go for walk, play volleyball

People to call when in a crisis

The people to call and their phone numbers
Sister-in-law Candace 503-858-
Aunt Lonnie 503-654-7024
Older sister Aubrey 971-317-6127

Professionals or organizations to call in crisis

My Western Clinician(s): Nishy Lovgren 503-439-9531 x303
2120 NW Maizey Rd Hillsboro, OR
Nearest Emergency or Urgent Care: Sunset - Kaiser
Address: 19400 NW Evergreen Hwy
Phone #: 503-813-2000
Western After Hours Crisis Line: 503-727-3764
National Help Line: 1-800-923-HELP (4357) or 1-800-273-TALK
National Suicide Hotline: 1-800-SUICIDE (1-800-784-2433)
Oregon "Warm Line": 1-800-698-2392
Other Organizations: _____

Making the environment safe

O.D. on hydroxyzine; wanted to electrocute self while in the tub, cutting, passing thoughts, walking in street - throw self in front of bus.

The one thing that is most important to me and worth living for:

Nephew Ikaika

Lock up
all OTC +
prescribed
meds +
sharp
objects