



GRIEF SAFETY PLAN GUIDE

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Hi There,

Grief can be the result of the loss of a loved one, career, dream, friendship, relationship, marriage, memory, or experience. Grief is the emotional, physical, spiritual, and behavioral response to loss, particularly to the loss of someone or something that has died to which a bond or affection was formed. When someone grieves, it's typically over the person or thing AND the attachment that you will no longer have. The attachment can represent things such as support, love, validation, connection, stability, happiness, and more.

This Grief Safety Plan Guide is designed for you to spend time understanding 1) what your triggers are that impact your emotional, physical, spiritual, behavioral, and mental state; 2) what your warning signs are that often lead you to a mental health crisis; 3) what healthy coping skills work best for your situation; and 4) who to contact in case of an emergency. This guide is also designed to include important information as it relates to your medical history in the event someone has to make a decision on your behalf.

Note: It's strongly suggested you share this guide with a trusted relative and/or friend or inform them of where they can easily find it in the event you experience a mental health crisis and are unable to make decisions.

Sincerely yours,

Coach Marion

Marion Elle Coaching Services LLC

Founder + CEO

www.marionelle.com

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Key Contacts & Additional Information

List the key contacts in the event there is an emergency (close relative, therapist, primary care physician, spouse, etc.. Also, list any medical information in the event you are taken to the hospital.

Name

Number

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In the event of an emergency, please contact the National Suicide Prevention Lifeline at 1-800-273-8255 or visit www.suicidepreventionlifeline.org.

Medical History (list any allergies, current medications, etc..)
