



charlie health

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Safety Plan

Client info

Joseph Mahoney
8052257061
76 Second Street
Waterford, NY 12188
Admit Date: December 06, 2025

Warnings and triggers

Tell me 3 triggers that make you feel unsafe

- High levels of stress
- Fear of judgement from others
- Divorce

Tell me 3 warning signs that a crisis is happening

- Isolation
- Negative self-talk
- Persistent suicidal thoughts

What are the feelings you have the most trouble with

- Depression
- Anxiety
- Fear

Coping strategies

Tell me 3 coping strategies you use without contacting somebody

- Hiking
- Playing with darts
- Panting

Tell me 3 places you would go to feel safe

- Home
- Hiking trails
- Friend Dale's home
- Brother's home

Tell me 3 ways to make the environment safe

- Client reported that his environment is currently safe and no changes need to be made at this time
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Support system

People whom I can ask for support (at least 3)

- Cousin
 - Darrell Ritchie
(303) 875-2587
- Friend
 - Dale
- Brother
 - Russell

Professionals and agencies I can contact during a crisis (at least 2)

For emergencies, call or text 988

Suicide Prevention Lifeline: Call 988 or text HOME to 741741

- National Hopeline Network
 - National Hopeline Network
Phone #: 1-800-784-2433 (1-800-SUICIDE)
Emergency #:
- National Suicide Prevention Lifeline
 - National Suicide Prevention Lifeline
Phone #: 1-800-273-8255 (1-800-273-TALK)
Emergency #:

Local urgent care

- Albany Medical Center
 - 43 New Scotland Ave, Albany, NY 12208
(518) 262-3125

The one thing

What's one thing worth living for?

- My kids and I just want to see who they turn into

Risk level

What is the client's current risk level?

Medium

Signatures

Submitted and electronically signed by Paola Duarte, MS, Clin Admis Asso on 12/06/2025 12:04:48 AM MST

Sent to Joseph Mahoney (Client) for signature on 12/06/2025 12:04:47 AM MST and will send regular reminders thereafter

Electronically signed by Joseph Mahoney (Client) on 12/08/2025 7:22:36 AM MST