



## Holon Inclusive Health System -MO

P.O. Box 242

Wildwood, MO 63040

Phone: 844-902-2554 Fax: 833-914-0432

### Patient Safety Plan Template

**Step 1: Warning signs (thoughts, images, mood, situation, behavior) that a crisis may be developing:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Step 2: Internal coping strategies – Things I can do to take my mind off my problems without contacting another person (relaxation technique, physical activity):**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Step 3: People and social settings that provide distraction:**

1. Name \_\_\_\_\_ Phone \_\_\_\_\_
2. Name \_\_\_\_\_ Phone \_\_\_\_\_
3. Place \_\_\_\_\_ Place \_\_\_\_\_

**Step 4: People whom I can ask for help:**

1. Name \_\_\_\_\_ Phone \_\_\_\_\_
2. Name \_\_\_\_\_ Phone \_\_\_\_\_
3. Name \_\_\_\_\_ Phone \_\_\_\_\_

**Step 5: Professionals or agencies I can contact during a crisis:**

1. Exchange 844-902-2554
2. Local Urgent Care Services (see back page)
3. Suicide Prevention Lifeline Phone: 1-800-273-TALK (8255)
4. 911

**Step 6: Making the environment safe:**

1. \_\_\_\_\_
2. \_\_\_\_\_



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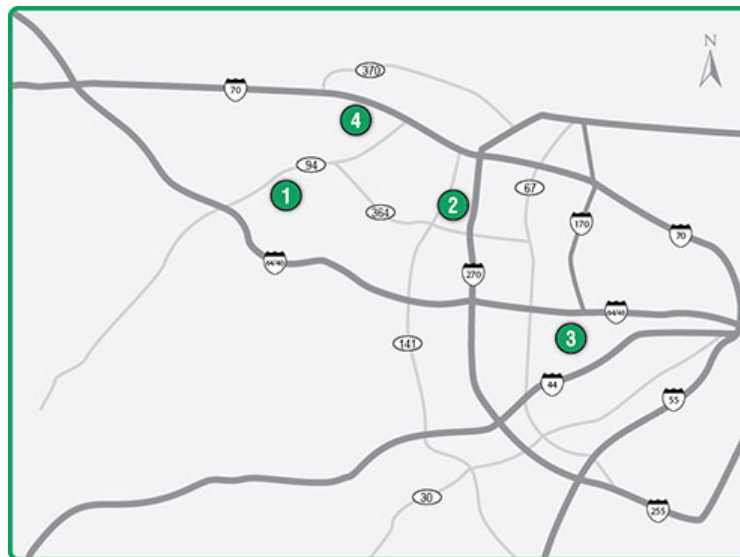
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The one thing that is most important to me and worth living for is:


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### SSM Urgent Care Locations




#### **1. SSM Urgent Care - St. Peters**

1475 Kisker Road

St. Charles, MO 63304   
(in St. Joseph Medical Park)  
636-498-7400

#### **2. SSM Urgent Care - Maryland Heights**

2022 Dorsett Village

Maryland Heights, MO 63043   
(next to Schnucks)  
314-590-0520



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### **3. SSM Urgent Care - Brentwood**

8820 Manchester Road

Brentwood, MO 63144   
(in the Schnucks Plaza at Manchester and Brentwood)  
314-963-8100

### **4. SSM Urgent Care - St. Charles**

1551 Wall Street

St. Charles, MO 63303   
(just east of Sams Club and Wal-Mart at Zumbahl)  
636-669-2211

### **5. DePaul Health Center Emergency Room**

12303 DePaul Drive

Bridgeton, MO 63044-2588

DePaul is located at the intersection of I-270 and I-70

### **Mercy Hospital South**

10010 Kennerly Road

St. Louis, MO 63128

(314) 525-1000

Hours:

Open daily 24 hours

### **Mercy Emergency Department - South**

10010 Kennerly Road

St. Louis, MO 63128

(314) 525-1906

Hours:

Open daily 24 hours

### **Mercy Hospital St. Louis**

615 S. New Ballas Road

St. Louis, MO 63141



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[\(314\) 251-6000](tel:(314)251-6000)

Hours:

Open daily 24 hours

[Mercy Emergency Department - Mercy Hospital St. Louis](#)

[615 S. New Ballas Road](#)

[St. Louis, MO 63141](#)

[\(314\) 251-6090](tel:(314)251-6090)

Hours:

Open daily 24 hours

[Mercy Emergency Department - Jefferson](#)

[1400 US Highway 61](#)

[Festus, MO 63028](#)

[\(636\) 933-1111](tel:(636)933-1111)

Hours:

Open daily 24 hours

[Mercy Hospital Jefferson](#)

[1400 US Highway 61](#)

[Festus, MO 63028](#)

[\(636\) 933-1000](tel:(636)933-1000)

Hours:

Open daily 24 hours

[Mercy Emergency Department - Washington](#)

[901 E. Fifth Street](#)

[Washington, MO 63090](#)

[\(636\) 239-8011](tel:(636)239-8011)

Hours:

Open daily 24 hours

[Mercy Emergency Department - Lincoln](#)

[1000 E. Cherry Street](#)

[Troy, MO 63379](#)

[\(636\) 528-8551](tel:(636)528-8551)

Hours:

Open daily 24 hours



## Holon Inclusive Health System -MO

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[Mercy Emergency Department - Mountain View](#)

[100 W. U.S. Highway 60](#)

[Mountain View, MO 65548](#)

[\(417\) 934-7000](#)

Hours:

Open daily 24 hours

[Mercy St. Francis Hospital](#)

[100 W. U.S. Highway 60](#)

[Mountain View, MO 65548](#)

[\(417\) 934-7000](#)

Hours:

Open daily 24 hours