

SAFETY PLAN

Remember: Suicidal thoughts can be very strong. It may seem they will last forever. With support and time these thoughts will usually pass. When they pass, you can put your energy into sorting out the problems that have contributed to you feeling so badly. The hopelessness you may feel now will not last forever. It is important to reach out for help and support. You can get through this difficult time. Since and can be hard to focus and think clearly when you feel suicidal, please copy this and put in places you can easily use it, such as your bag, wallet, or by the phone.

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

2. I can do these activities to calm/comfort myself (relaxation technique, physical activity):

3. I can remind myself my reasons for living:

4. I can call a friend or family member:

Name: _____ Phone: _____
Name: _____ Phone: _____

5. I can go somewhere I feel safe:

6. I can call a care provider (psychologist, psychiatrist, therapist, etc):

Name: _____ Phone: _____
Name: _____ Phone: _____

7. I can call a help line: 1-800-273- TALK (8255)

8. I can go to the Emergency Room or the nearest hospital:

9. If I can't get there myself, I can call 911 and request transportation to the nearest hospital.

10. My main reason for living is: _____

Name: _____ Date: _____

Signature: _____

Witness: _____