

Safety Plan

If you struggle with suicidal thoughts, it may help to have a safety plan. This is a structured plan that includes a list of possible steps, people you can reach out to, or strategies to follow when you experience suicidal thoughts.

People who want to die often experience intense emotional pain. The plan focuses on your options for reducing the pain and increasing your ability to cope with this moment.

Keep your plan somewhere easily accessible to have it on hand when you need it. If you feel that you cannot cope with the situation on your own, it is OK to ask for help.

We believe in you.



MY WARNING SIGNS

ACTIVITIES THAT
HELP ME CALM MY
MIND

PEOPLE I CAN ASK
FOR HELP

PROFESSIONALS I
CAN CONTACT

HOW CAN I ENSURE
A SAFE
ENVIRONMENT?

WHAT WILL I TELL
MY LOVED ONES?

WHAT WILL I DO
WHEN I FEEL DOWN?

WHAT CAN I SAY AS
AN ALTERNATIVE
TO DARK
THOUGHTS?

WHERE CAN I GO TO
BE AROUND
PEOPLE?

WHO CAN BE
AROUND AND HELP
CHEER ME UP?

ONE THING THAT IS THE MOST IMPORTANT
TO ME AND WORTH LIVING FOR:
