MY

SAFETY

PLAN

**NAME:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**CREATED BY GALLERY OF HOPE – WWW.GALLERYOFHOPE.ME**

**CRISIS CENTER CONTACTS**

**PHONE – DIAL 988 OR 1-800-273-8255 (TALK)**

**TELÉFONO - AYUDA SUICIDA EN ESPAÑOL - 1-888-628-9454 TEXTO AYUDA AL 741741**

**TEXT – 741741 (SEND A TEXT OR JUST ONE WORD LIKE: “HELP”, “TALK”, OR “HOME”)**

**CHAT – WWW.988LIFELINE.ORG OR WWW.CRISISTEXTLINE.ORG**

**OTHER: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**OTHER: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**OTHER CONTACTS**

**MENTAL HEALTH PROFESSIONAL: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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**DOCTOR/PRIMARY CARE PHYSICIAN: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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**INFORMATIVE WEBSITES**

**WWW.988LIFELINE.ORG, WWW.CRISISTEXTLINE.ORG, WWW.SUICIDE.ORG,**

**WWW.NAMI.ORG, WWW.AFSP.ORG, WWW.RESPONDERSTRONG.ORG, WWW.NVFC.ORG,**

**WWW.VETERANSCRISISLINE.NET, WWW.LINESFORLIFE.ORG, WWW.GALLERYOFHOPE.ME**

**CREATED BY GALLERY OF HOPE – WWW.GALLERYOFHOPE.ME**

**WHAT ARE MY NEEDS?**

**1.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**2.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**3.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**4.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**5.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**6.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**SUPPORT TEAM CONTACTS: NAME, ADDRESS, PHONE NUMBERS**

**(PEOPLE OR PERSON I CONFIDED IN WHO AGREED TO BE THERE TO HELP ME STAY SAFE)**

**1.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**THIS PERSON WILL HELP BY:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**2.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**3.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**THIS PERSON WILL HELP BY:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**4.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**THIS PERSON WILL HELP BY:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**5.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**THIS PERSON WILL HELP BY:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**I’M NOT GOING TO ACT ON MY SUICIDAL THOUGHTS!**

**I MATTER! I’M ENOUGH! I’M LOVED! I WILL LIVE!**

**CREATED BY GALLERY OF HOPE – WWW.GALLERYOFHOPE.ME**

**TO HELP ME BETTER UNDERSTAND MY SUICIDAL THINKING**

**I WILL ANSWER THESE QUESTIONS THOUGHTFULLY AND THE BEST I CAN**

* **WHAT CAUSES ME TO THINK ABOUT WANTING TO KILL MYSELF?**

**(LIST THE SPECIFIC STRESSOR(S), EVENT, PERSON/PEOPLE, ILLNESS, ETC)**

* **HOW HAVE I TRIED DEALING WITH OR SOLVING THE ABOVE CAUSE(S)?**
* **HOW DID I REACH THIS POINT? WHY HAS SUICIDE BECOME MY WAY OUT/SOLUTION?**
* **DO I REALLY WANT TO DIE? HOW DO I FEEL ABOUT ENDING MY LIFE?**
* **HAVE I NOTICED ANY WARNING SIGNS THAT HAPPEN BEFORE SUICIDAL THOUGHTS OCCUR OR INCREASE?**
* **DO I HAVE A PLAN ON HOW I WILL KILL MYSELF? IF SO, HOW?**
* **WHAT ITEMS AM I MOST LIKELY TO USE FOR HARMING MYSELF? HOW CAN I SAFELY REMOVE THEM? IF NEEDED - WHO CAN I CALL TO HELP REMOVE THEM?**
* **LIST ANYTHING I HAVE NOTICED THAT HELPS IN REDUCING MY SUICIDAL THINKING:**

**I CAN AND WILL GET THROUGH THIS! I’M NEEDED! I’M AMAZING!**

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**THINGS I CAN DO TO DISTRACT MY THOUGHTS**

* **WHAT ACTIVITIES CAN I DO BY MYSELF WHEN THOUGHTS OF SUICIDE APPEAR?**

**(INCLUDE THINGS I ENJOY DOING - NOW OR IN THE PAST)**

* **WHAT ACTIVITIES CAN I DO WITH OTHERS WHEN THOUGHTS OF SUICIDE APPEAR?**
* **WHAT NEW POSITIVE ACTIVITIES AM I WILLING TO TRY?**
* **PHRASES I CAN USE TO TURN NEGATIVE THOUGHTS INTO POSITIVE THINKING:**
* **WHAT POSITIVE PEOPLE CAN I VISIT OR HANG OUT WITH IN PERSON/ONLINE/PHONE?**
* **WHAT ARE MY REASONS FOR LIVING? (THINK ABOUT THIS OFTEN)**
* **WHAT GIVES ME HOPE, PURPOSE TO LIVE, OR ANY GOOD MEMORIES?**

**I’M NOT DYING TODAY! I’M MAKING IT THROUGH ANOTHER DAY!**

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**INSPIRING RESOURCE MATERIALS CREATED BY GALLERY OF HOPE**

**LOOK THROUGH MATERIALS THAT GALLERY OF HOPE HAS CREATED LIKE THE HEART OF HOPE DISTRACTION PLAN AND ADD FORMS TO THIS PLAN THAT MAY AIDE IN HEALING.**

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**GALLERY OF HOPE’S HEART OF HOPE DISTRACTION RESOURCES PLAN**

**HAS MANY FORMS TO CHOOSE FROM**

**TO AID IN HELPING TO HEAL FROM SYMPTOMS AND GETTING NEEDS MET.**

**TOPICS INCLUDE NEEDS, HURTS, DISTRACTIONS, RELAXATION, ACCEPTANCE,**

**THINGS TO LEARN ABOUT MYSELF, CHANGING THOUGHTS, AND RESOURCES.**

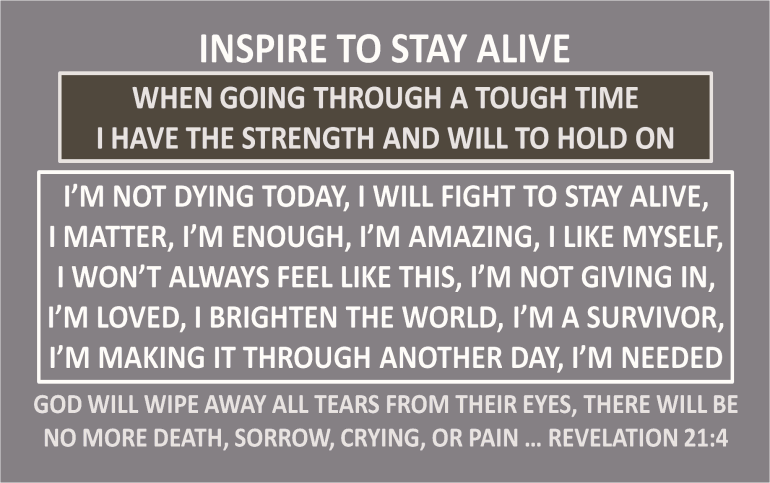
**GALLERY OF HOPE’S**

**SNOWFLAKE MODEL**

**FOR HELPING**

**TO HEAL HURTS**

**AND OTHER USES.**

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**CREATED BY GALLERY OF HOPE – WWW.GALLERYOFHOPE.ME**

**15 STEPS I WILL DO TO HELP KEEP MYSELF ALIVE**

**01. I WILL REMOVE ANY TEMPTING ITEMS THAT CAN BE USED TO HURT MYSELF, OR**

**GET SOMEONE TO REMOVE THEM FOR ME.**

**02. I WILL THOUGHTFULLY FILL OUT MY SAFETY PLAN & OTHER RESOURCE MATERIALS.**

**03. TO THE BEST OF MY ABILITY I WILL AVOID WHAT CAUSES SUICIDAL THINKING.**

**04. WHEN NEGATIVE THOUGHTS APPEAR, I WILL REPLACE THEM WITH POSITIVE ONES.**

**05. I WILL LEARN ABOUT MYSELF INCLUDING WHAT MY WARNING SIGNS ARE.**

**06. I WILL RESPECT MY BODY. I WILL DO MY BEST TO: NOT HARM MYSELF, EXERCISE.**

**EAT HEALTHY, NOT ACT RECKLESS, AND STAY AWAY FROM ALCOHOL & DRUGS.**

**07. I WILL MAKE SURE CONTACT NUMBERS ARE IN MY PHONE AND WRITTEN DOWN.**

**08. I WILL PREPARE & BE READY TO FACE ANY CHALLENGING DAY/EVENT LIFE BRINGS.**

**09. I WILL KEEP MY MIND BUSY, DO POSITIVE ACTIVITIES, AND STAY IN THE MOMENT.**

**10. I WILL GO PLACES TO DISTRACT MYSELF/STAY HOME FOCUSING ON RELAXATION.**

**11. I WILL VISIT/SOCIALIZE WITH POSITIVE PEOPLE (IN PERSON, PHONE, OR ONLINE).**

**12. I WILL HOLD ONTO WHAT GIVES ME HOPE AND REASON TO LIVE.**

**13. WHEN FEELING DOWN MORE THAN USUAL, I WILL USE MY SAFETY PLAN TO:**

**CONTACT PEOPLE ON MY SUPPORT TEAM, DO DISTRACTION ACTIVITIES, MAKE**

**A MENTAL HEALTH APPOINTMENT.**

**14. WHEN WARNING SIGNS ARE PRESENT AND THESE STEPS ARE NOT WORKING:**

**TO REMAIN SAFE I WILL CALL A CRISIS LINE/MY MENTAL HEALTH PROVIDER,**

**OR GO TO A HOSPITAL EMERGENCY ROOM.**

**15. I WILL HELP OTHERS. I WILL FIND LITTLE WAYS TO SHOW OTHERS JOY/KINDNESS.**

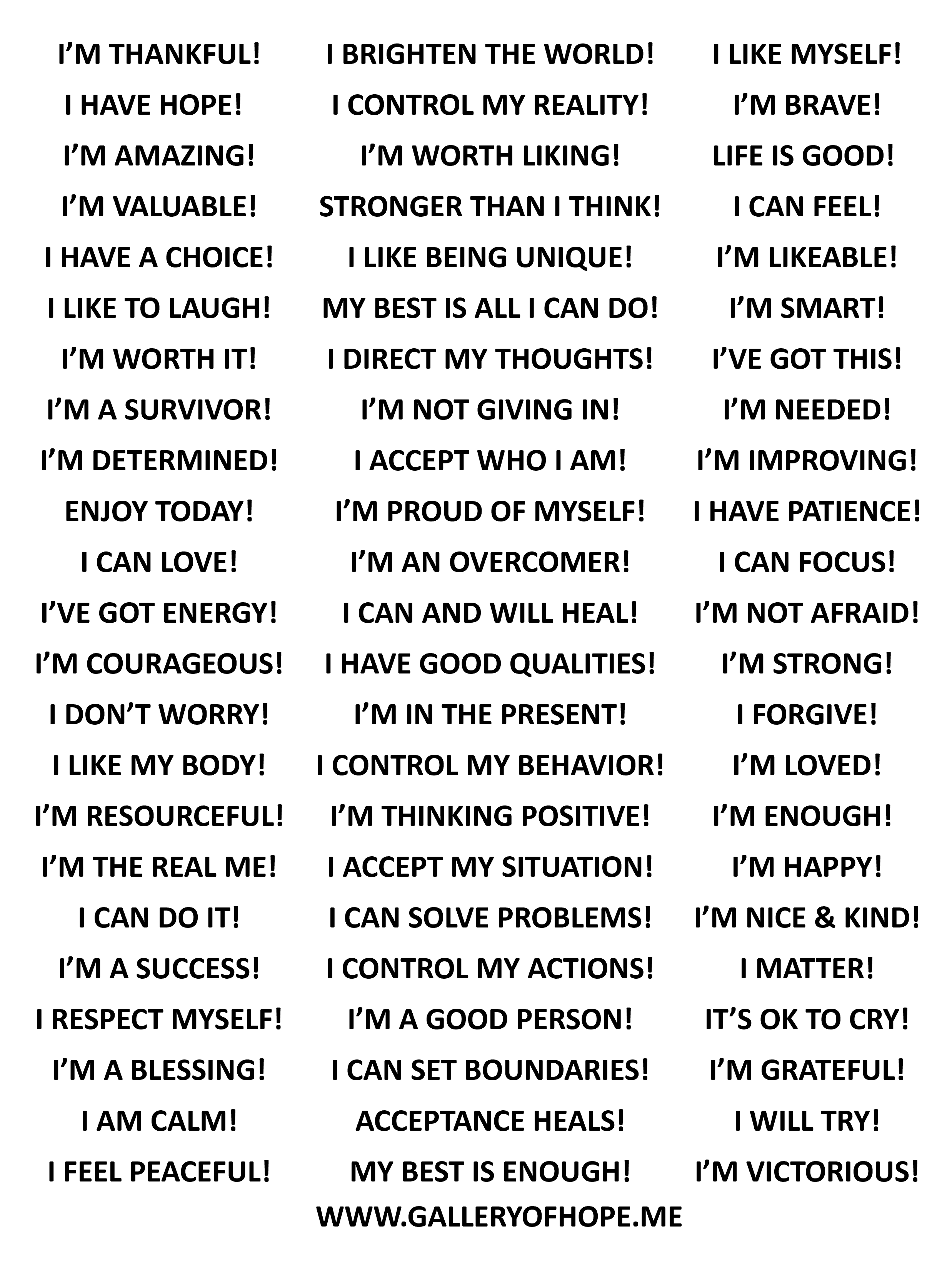
**HELPING OTHERS OR DOING SOMETHING NICE, MAY HELP ME FEEL BETTER.**

**16. OPTIONAL: I WILL ADD FORMS FROM THE HEART OF HOPE DISTRACTION PLAN OR**

**OTHER FORMS GALLERY OF HOPE HAS CREATED TO MY SAFETY PLAN.**

**I’M IN CHARGE OF MY LIFE & THOUGHTS! I WILL FIGHT TO STAY ALIVE!**

**CREATED BY GALLERY OF HOPE – WWW.GALLERYOFHOPE.ME**

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