

MY SAFETY PLAN

NAME: _____

CRISIS CENTER CONTACTS

PHONE - NATIONAL LIFELINE NUMBER 1-800-273-8255(TALK)

TELÉFONO - AYUDA SUICIDA EN ESPAÑOL - 1-888-628-9454

TEXT - 741741 (TO START SEND A TEXT OR JUST ONE WORD LIKE: "HELLO" "HELP" "TALK")

CHAT - SUICIDEPREVENTIONLIFELINE.ORG

OTHER: _____

OTHER: _____

PROFESSIONAL CONTACTS

(WRITE DOWN: NAME, ADDRESS, PHONE NUMBERS, AND EMAIL)

MENTAL HEALTH PROFESSIONAL: _____

DOCTOR/PRIMARY CARE PHYSICIAN: _____

OTHER: _____

OTHER: _____

OTHER: _____

INFORMATIVE WEBSITES

WWW.SUICIDEPREVENTIONLIFELINE.ORG, WWW.SUICIDE.ORG, WWW.IOAGING.ORG,
WWW.SAVE.ORG, WWW.LINESFORLIFE.ORG, WWW.AFSP.ORG, WWW.GALLERYOFHOPE.ME

MY SUPPORT TEAM CONTACTS

(WRITE DOWN: NAME, ADDRESS, PHONE NUMBERS, AND EMAIL)

WHAT IS A SUPPORT TEAM?

PEOPLE OR PERSON I CONFIDED IN, WHO SAID THEY WILL HELP ME

(HELP MAY INCLUDE RIDES TO APPOINTMENTS, WATCHING A MOVIE, LISTENING, ETC)

I'M NOT GOING TO ACT ON MY SUICIDAL THOUGHTS

I MATTER

I'M ENOUGH

I'M LOVED

I WILL LIVE

**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

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 OR A PURPOSE TO LIVE? (THINK ABOUT THIS OFTEN)**

I'M NOT DYING TODAY

I'M MAKING IT THROUGH ANOTHER DAY

14 STEPS I WILL DO TO HELP KEEP MYSELF ALIVE

- 1. I WILL REMOVE ANY ITEMS THAT CAN BE USED TO HURT MYSELF.**
- 2. I WILL MAKE SURE CONTACT NUMBERS ARE IN MY PHONE AND WRITTEN DOWN.**
- 3. TO THE BEST OF MY ABILITY, I WILL AVOID WHAT CAUSES MY SUICIDAL THINKING.**
- 4. WHEN NEGATIVE THOUGHTS APPEAR, I WILL REPLACE THEM WITH POSITIVE ONES.**
- 5. I WILL LEARN ABOUT MYSELF INCLUDING WHAT MY WARNING SIGNS ARE.**
- 6. I WILL RESPECT MY BODY. I WILL DO MY BEST TO: NOT HARM MYSELF, EAT HEALTHY, STAY AWAY FROM ALCOHOL & DRUGS, NOT ACT RECKLESS, AND EXERCISE.**
- 7. I WILL DO POSITIVE ACTIVITIES THAT I ENJOY DOING AND TRY NEW ONES.**
- 8. I WILL LEARN PROBLEM SOLVING SKILLS TO SOLVE PROBLEMS IN POSITIVE WAYS.**
- 9. I WILL KEEP MY MIND BUSY AND DO POSITIVE ACTIVITIES WHEN FEELING DOWN.**
- 10. I WILL GO PLACES TO DISTRACT MYSELF.**
- 11. I WILL VISIT/SOCIALIZE WITH POSITIVE PEOPLE (IN PERSON, PHONE, OR ONLINE).**
- 12. I WILL FOCUS ON WHAT GIVES ME HOPE OR 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, AND
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 OR MY MENTAL HEALTH PROVIDER.
IF IN CRISIS I WILL GO TO A HOSPITAL EMERGENCY ROOM.**

I'M IN CHARGE OF MY LIFE

I WILL FIGHT TO STAY ALIVE