MY SAFETY PLAN

NAME: _____

CREATED BY GALLERY OF HOPE

MY SAFETY PLAN

NAME: _____

CREATED BY GALLERY OF HOPE

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: _____

_____

_____

DOCTOR/PRIMARY CARE PHYSICIAN: _____

_____

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OTHER: _____

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OTHER: _____

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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

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. _____

_____

THIS PERSON WILL HELP BY: _____

2. _____

_____

THIS PERSON WILL HELP BY: _____

3. _____

_____

THIS PERSON WILL HELP BY: _____

4. _____

_____

THIS PERSON WILL HELP BY: _____

5. _____

_____

THIS PERSON WILL HELP BY: _____

6. _____

_____

THIS PERSON WILL HELP BY: _____

I MATTER! NOT GOING TO ACT ON MY SUICIDAL THOUGHTS! I'M ENOUGH!

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!

CREATED BY GALLERY OF HOPE – WWW.GALLERYOFHOPE.ME

THINGS I CAN DO TO DISTRACT MY THOUGHTS

- **WHAT ACTIVITIES CAN I DO <u>BY MYSELF</u> WHEN THOUGHTS OF SUICIDE APPEAR? (INCLUDE THINGS I ENJOY DOING - NOW OR IN THE PAST)**

- **WHAT ACTIVITIES CAN I DO <u>WITH OTHERS</u> 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 PURPOSE TO LIVE? (THINK ABOUT THIS OFTEN)**

I'M NOT DYING TODAY! I'M MAKING IT THROUGH ANOTHER DAY!

CREATED BY GALLERY OF HOPE – WWW.GALLERYOFHOPE.ME

WHAT TOUCHES MY HEART AND GIVES HOPE, COURAGE, AND STRENGTH?

WRITE DOWN WHAT IS IMPORTANT TO ME. THIS CAN BE SPECIAL MEMORIES, QUOTES, THOUGHTS, FAVORITE VERSES, LYRICS, ETC. THEN READ OFTEN FOR ENCOURAGEMENT.

IMPORTANT TO ME	IMPORTANT TO ME
IMPORTANT TO ME	IMPORTANT TO ME
IMPORTANT TO ME	IMPORTANT TO ME
IMPORTANT TO ME	IMPORTANT TO ME
IMPORTANT TO ME	IMPORTANT TO ME

WHAT ARE MY NEGATIVE THOUGHTS?

WRITE THEM DOWN AS THEY APPEAR

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
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48. _____
49. _____
50. _____

MY THOUGHTS MAY LIE! I WILL PUSH NEGATIVE THOUGHTS AWAY!

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THOUGHTS CREATE MY REALITY

MY THOUGHTS INFLUENCE WHAT I BELIEVE AND AFFECT HOW I SEE MYSELF

WRITE DOWN MY MOST COMMON NEGATIVE SELF THOUGHTS
THEN CHANGE EACH NEGATIVE THOUGHT INTO THREE DIFFERENT POSITIVE ONES

NEGATIVE THOUGHT:

TURN THIS NEGATIVE THOUGHT INTO THREE POSITIVE THOUGHTS

1.
2.
3.

NEGATIVE THOUGHT:

TURN THIS NEGATIVE THOUGHT INTO THREE POSITIVE THOUGHTS

1.
2.
3.

NEGATIVE THOUGHT:

TURN THIS NEGATIVE THOUGHT INTO THREE POSITIVE THOUGHTS

1.
2.
3.

NEGATIVE THOUGHT:

TURN THIS NEGATIVE THOUGHT INTO THREE POSITIVE THOUGHTS

1.
2.
3.

NEGATIVE THOUGHT:

TURN THIS NEGATIVE THOUGHT INTO THREE POSITIVE THOUGHTS

1.
2.
3.

THOUGHTS CREATE MY REALITY – EXAMPLE

MY THOUGHTS INFLUENCE WHAT I BELIEVE AND AFFECT HOW I SEE MYSELF

IT MAY BE HARD TO CHANGE NEGATIVE THOUGHTS INTO POSITIVE ONES AT FIRST, BUT KEEP WORKING AT THEM, DON'T GIVE UP. COMPLIMENT MYSELF EVERY DAY!

HERE ARE SOME EXAMPLES ON HOW TO TURN NEGATIVE THOUGHTS POSITIVE:

1. NEGATIVE THOUGHT: I'M NOT LOVED

TURN THIS NEGATIVE THOUGHT INTO THREE POSITIVE THOUGHTS

- THAT'S NOT TRUE, I AM LOVED
- THAT'S NOT TRUE, (PUT IN A NAME) _____ LOVES ME
- THAT'S NOT TRUE, I LOVE MYSELF

2. NEGATIVE THOUGHT: I'M NUMB, I DON'T FEEL ANYTHING

TURN THIS NEGATIVE THOUGHT INTO THREE POSITIVE THOUGHTS

- THAT'S NOT TRUE, I CAN FEEL HAPPINESS AND SADNESS
- THAT'S NOT TRUE, I CAN FEEL HAPPINESS WHEN . . .(FILL IN THE REST)
- THAT'S NOT TRUE, I DO FEEL SADNESS WHEN . . .(FILL IN THE REST)

3. NEGATIVE THOUGHT: I CAN'T RELAX MY BRAIN!

TURN THIS NEGATIVE THOUGHT INTO THREE POSITIVE THOUGHTS

- THAT'S NOT TRUE, I CAN SLOW DOWN MY THOUGHTS
- I CAN GO . . . (FILL IN ACTIVITY) TO RELAX MY BRAIN
- I CAN . . . (FILL IN ACTIVITY) TO NOT THINK ABOUT ANYTHING
- I CAN CLEAR OUT MY BRAIN BY WRITING DOWN EVERYTHING IT'S THINKING

4. NEGATIVE THOUGHT: I CAN'T GO ON

TURN THIS NEGATIVE THOUGHT INTO THREE POSITIVE THOUGHTS (HERE ARE 5)

- THAT'S NOT TRUE, I WILL GET THROUGH THIS
- I'M STRONG, I'M NEEDED, I'M GOING TO LIVE
- I WILL SURVIVE! I'M NOT GOING TO BE A STATISTIC
- I CAN AND WILL GO ON
- GO AWAY, I'M NOT GIVING IN TO YOU

MESSAGES TO MYSELF AND OTHERS

WRITE AN ENCOURAGING MESSAGE TO MY CURRENT OR FUTURE SELF FOR HELP NOW

WRITE A MESSAGE TO MY LOVED ONES TELLING THEM WHAT I'M GOING THROUGH

INSPIRING RESOURCE MATERIALS CREATED BY GALLERY OF HOPE

LOOK THROUGH MATERIALS THAT GALLERY OF HOPE HAS CREATED LIKE THE HEART OF HOPE PLAN & SNOWFLAKE MODEL. DOWNLOAD/PRINT FORMS TO ADD TO THIS PLAN.

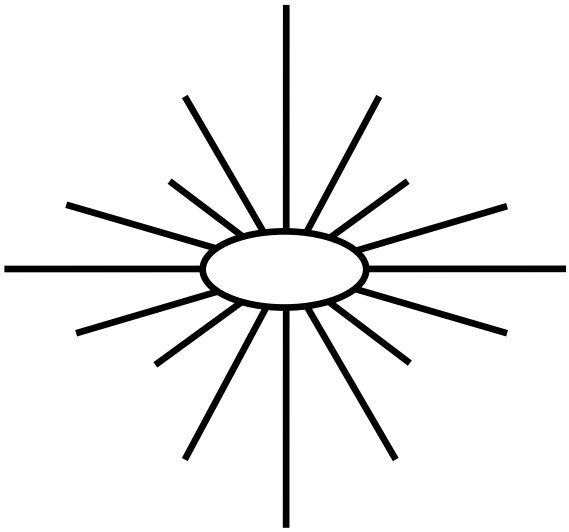
HEART OF HOPE

PLAN OF FORMS

CREATED BY GALLERY OF HOPE
WWW.GALLERYOFHOPE.ME

GALLERY OF HOPE'S, HEART OF HOPE PLAN OF FORMS HAS MANY SECTIONS TO CHOOSE FROM THAT MAY ASSIST IN HELPING TO HEAL FROM SYMPTOMS OF EVENTS AND GETTING NEEDS MET.

TOPICS INCLUDE: DISTRACTIONS, NEEDS, HURTS, GRIEF, CHANGING THOUGHTS, RESOURCES, ACCEPTING MYSELF, FEAR, ACCEPTING OTHERS, AND MORE.



GALLERY OF HOPE'S SNOWFLAKE MODEL IS FOR HELPING TO HEAL HURTS AND OTHER USES.

"INSPIRE TO STAY ALIVE"

☐I'M OK & NOT IN CRISIS I'M IN CRISIS AND NEED A HOSPITAL

I NEED TO TELL YOU SOMETHING IMPORTANT.
PLEASE READ THIS AND REMAIN AS CALM AS POSSIBLE.
I'M HAVING THOUGHTS OF SUICIDE AND NEED YOUR HELP.
I KNOW YOU PROBABLY HAVE QUESTIONS,
BUT I'M NOT READY TO TALK ABOUT "WHY" YET.
PLEASE HELP ME CONTACT A COUNSELOR, CALL OR TEXT
A LIFELINE WITH ME, AND HELP ME FILL OUT
A SAFETY PLAN AT WWW.GALLERYOFHOPE.ME

LIFELINE # 988 OR 1-800-273-TALK(8255) ESPAÑOL 1-888-628-9454
WWW.988LIFELINE.ORG WWW.CRISISTEXTLINE.ORG

INSPIRE TO STAY ALIVE

WHEN GOING THROUGH A TOUGH TIME
I HAVE THE STRENGTH AND WILL TO HOLD ON

I'M NOT DYING TODAY, I WILL FIGHT TO STAY ALIVE,
I MATTER, I'M ENOUGH, I'M AMAZING, I LIKE MYSELF,
I WON'T ALWAYS FEEL LIKE THIS, I'M NOT GIVING IN,
I'M LOVED, I BRIGHTEN THE WORLD, I'M A SURVIVOR,
I'M MAKING IT THROUGH ANOTHER DAY, I'M NEEDED

GOD WILL WIPE AWAY ALL TEARS FROM THEIR EYES, THERE WILL BE NO MORE DEATH, SORROW, CRYING, OR PAIN … REVELATION 21:4

15 STEPS I WILL DO TO HELP KEEP MYSELF ALIVE

1. **I WILL REMOVE ANY TEMPTING ITEMS THAT CAN BE USED TO HURT MYSELF, OR GET SOMEONE TO REMOVE THEM FOR ME.**
2. **I WILL THOUGHTFULLY FILL OUT MY SAFETY PLAN & OTHER RESOURCE MATERIALS.**
3. **TO THE BEST OF MY ABILITY I WILL AVOID WHAT CAUSES 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, EXERCISE. EAT HEALTHY, NOT ACT RECKLESS, AND STAY AWAY FROM ALCOHOL & DRUGS.**
7. **I WILL MAKE SURE CONTACT NUMBERS ARE IN MY PHONE AND WRITTEN DOWN.**
8. **I WILL PREPARE & BE READY TO FACE ANY CHALLENGING DAY/EVENT LIFE BRINGS.**
9. **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 PLAN OF FORMS OR THE SNOWFLAKE MODEL 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

I'M THANKFUL!
I BRIGHTEN THE WORLD!
I LIKE MYSELF!
I HAVE HOPE!
I CONTROL MY REALITY!
I'M BRAVE!
I'M AMAZING!
I'M WORTH LIKING!
LIFE IS GOOD!
I'M VALUABLE!
STRONGER THAN I THINK!
I CAN FEEL!
I HAVE A CHOICE!
I LIKE BEING UNIQUE!
I'M LIKEABLE!
I LIKE TO LAUGH!
MY BEST IS ALL I CAN DO!
I'M SMART!
I'M WORTH IT!
I DIRECT MY THOUGHTS!
I'VE GOT THIS!
I'M A SURVIVOR!
I'M NOT GIVING IN!
I'M NEEDED!
I'M DETERMINED!
I ACCEPT WHO I AM!
I'M IMPROVING!
ENJOY TODAY!
I'M PROUD OF MYSELF!
I HAVE PATIENCE!
I CAN LOVE!
I'M AN OVERCOMER!
I CAN FOCUS!
I'VE GOT ENERGY!
I CAN AND WILL HEAL!
I'M NOT AFRAID!
I'M COURAGEOUS!
I HAVE GOOD QUALITIES!
I'M STRONG!
I DON'T WORRY!
I'M IN THE PRESENT!
I FORGIVE!
I LIKE MY BODY!
I CONTROL MY BEHAVIOR!
I'M LOVED!
I'M RESOURCEFUL!
I'M THINKING POSITIVE!
I'M ENOUGH!
I'M THE REAL ME!
I ACCEPT MY SITUATION!
I'M HAPPY!
I CAN DO IT!
I CAN SOLVE PROBLEMS!
I'M NICE & KIND!
I'M A SUCCESS!
I CONTROL MY ACTIONS!
I MATTER!
I RESPECT MYSELF!
I'M A GOOD PERSON!
IT'S OK TO CRY!
I'M A BLESSING!
I CAN SET BOUNDARIES!
I'M GRATEFUL!
I AM CALM!
ACCEPTANCE HEALS!
I WILL TRY!
I FEEL PEACEFUL!
MY BEST IS ENOUGH!
I'M VICTORIOUS!

WWW.GALLERYOFHOPE.ME