# MY SAFETY PLAN

## ADDITIONAL FORMS TO CHOOSE FROM

**NAME:** _____

CREATED BY GALLERY OF HOPE

# MY SAFETY PLAN

## ADDITIONAL FORMS TO CHOOSE FROM

**NAME: _____**

**CREATED BY GALLERY OF HOPE**

## CRISIS CENTER CONTACTS

**PHONE:** _____

**TELÉFONO:** _____

**TEXT:** _____

**CHAT:** _____

**OTHER:** _____

**OTHER:** _____

## OTHER CONTACTS

**MENTAL HEALTH PROFESSIONAL:** _____

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**DOCTOR/PRIMARY CARE PHYSICIAN:** _____

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**OTHER:** _____

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**OTHER:** _____

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**OTHER:** _____

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**OTHER:** _____

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**INFORMATIVE WEBSITES:** _____

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# EXAMPLES OF RESOURCES FOR HELP AND HEALING

## EXAMPLES: SUICIDE PREVENTION CRISIS CONTACTS IN THE USA:

**PHONE - NATIONAL LIFELINE NUMBER 988 OR 1-800-273-8255 (TALK)**
**TELÉFONO - AYUDA SUICIDA EN ESPAÑOL - 1-888-628-9454**
**CHAT - SUICIDEPREVENTIONLIFELINE.ORG**
**TEXT – 741741 (TEXT CAN BE JUST ONE WORD LIKE: "HELLO" "HELP" OR "TALK")**

## EXAMPLES: HOTLINE NUMBERS IN THE USA:

**MILITARY HELPLINE 1-888-457-4838**
**NATIONAL CALL CENTER FOR HOMELESS VETERANS 1-877-424-3838**
**ALCOHOLICS ANONYMOUS 1-212-870-3400**
**NATIONAL DRUG HELPLINE - DRUGHELPLINE.ORG 1-844-289-0879**
**DRUGFREE.ORG 1-855-378-4373**
**NATIONAL SEXUAL ASSAULT HOTLINE 1-800-656-4673 (HOPE)**
**NATIONAL HUMAN TRAFFICKING HOTLINE 1-888-373-7888 OR TEXT 233733**
**NATIONAL RUNAWAY SAFELINE 1-800-786-2929 = 1-800-RUNAWAY**
**SENIORS WHO ARE LONELY – THE FRIENDSHIP LINE 1-800-971-0016**
**NATIONAL DOMESTIC VIOLENCE HOTLINE 1-800-799-7233 (SAFE)**
**PARENT HOTLINE 1-800-840-6537**
**CHILDHELP NATIONAL CHILD ABUSE HOTLINE 1-800-422-4453**
**NATIONAL YOUTH CRISIS HOTLINE 1-800-448-4663**
**BOYS TOWN NATIONAL HOTLINE 1-800-448-3000**
**LGBT NATIONAL YOUTH HOTLINE 1-800-246-7743**
**TREVOR LIFELINE 1-866-488-7386**
**LGBT NATIONAL HOTLINE 1-888-843-4564**
**SAMHSA DRUG ABUSE NATIONAL HELPLINE -**
**1-800-662-4357 = 1-800-662-HELP OR TEXT 435748 (HELP4U)**

## EXAMPLES: INFORMATIVE WEBSITES IN THE USA FOR SUICIDE PREVENTION

**SUICIDEPREVENTIONLIFELINE.ORG, AFSP.ORG, LINESFORLIFE.ORG,**
**JASONFOUNDATION.COM, SAVE.ORG, SUICIDE.ORG,**
**CODEGREENCAMPAIGN.ORG, NAMI.ORG, SURVIVEFIRST.US,**
**MILITARYONESOURCE.MIL, SUICIDEPREVENTIONALLIANCE.ORG**

## EXAMPLES: INFORMATIVE WEBSITES IN THE USA FOR HEALING:

**STANDSTRONG.ORG, HELPGUIDE.ORG, FINDTREATMENT.GOV,**
**AA.ORG (ALCOHOLICS ANONYMOUS), PTSD.VA.GOV, PTSDALLIANCE.ORG,**
**AMERICANADDICTIONCENTERS.ORG, NIMH.NIH.GOV, LINESFORLIFE.ORG,**
**NATIONALSAFEPLACE.ORG (YOUTH), MENTALHELP.NET, DAILYVERSES.NET,**
**(SEXUAL ASSAULT SURVIVORS) RAINN.ORG MYAWAYOUT.ORG,**
**THEHOTLINE.ORG (DOMESTIC VIOLENCE), 2L.ORG (CHILD SEX ABUSE)**

## <u>SUPPORT TEAM CONTACTS</u>: NAME, EMAIL, PHONE NUMBERS

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

**1.** _____

_____

**THIS PERSON WILL HELP BY:** _____

**2.** _____

_____

**THIS PERSON WILL HELP BY:** _____

**3.** _____

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**THIS PERSON WILL HELP BY:** _____

**4.** _____

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**THIS PERSON WILL HELP BY:** _____

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**THIS PERSON WILL HELP BY:** _____

**6.** _____

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**THIS PERSON WILL HELP BY:** _____

**7.** _____

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**THIS PERSON WILL HELP BY:** _____

**8.** _____

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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!**

# 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)**

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

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

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# EXAMPLES OF NEED

| | |
|---|---|
| CHILDCARE | RIDES TO AND FROM APPOINTMENTS |
| FINDING A SUPPORT GROUP | LIKING YOURSELF |
| A COUNSELOR | IF IN CRISIS A RIDE TO HOSPITAL ER |
| HELP KNOWING YOU ARE AMAZING | FINDING PERSONAL TIME |
| HELP WITH BULLY/ABUSER | FINDING A PLACE TO VOLUNTEER |
| HELP DEALING WITH DEPRESSION | ADDICTION TREATMENT |
| SOMEONE TO TALK WITH | SOMEONE WHO UNDERSTANDS |
| FINDING A BIBLE STUDY GROUP | EATING DISORDER HELP |
| FINDING A HOBBY | A HOME COMPANION/NURSE |
| GRIEF SUPPORT GROUP OR HELP | STRESS MANAGEMENT |
| HELP WITH ANXIETY | A SAFE PLACE TO LIVE |
| FINDING PERSONAL ACCEPTANCE | HELP ADOPTING A COMPANION PET |
| FEEL LOVED/NOT ALONE | FAMILY COUNSELING |
| MOTIVATION TO STAY ALIVE | CHRONIC PAIN MANAGEMENT CLASS |

| |
|---|
| HELP SELECTING THE RIGHT TYPE OF MENTAL HEALTH SPECIALIST |
| FINDING GROUPS WITH SIMILAR INTERESTS |
| FINDING AN ORGANIZATION/SUPPORT GROUP THAT HELPS WITH LONELINESS |
| SOMEONE TO ENCOURAGE YOU TO GET OUT OF BED |
| HELP WITH SEARCHING FOR HEALING RESOURCES |
| SOMEONE WHO WILL KEEP YOU COMPANY WHEN FEELING DOWN |
| SOMEONE TO PICK UP GROCERIES, DO ERRANDS, HELP WITH HOUSEWORK |
| HELP BRAINSTORMING DISTRACTION IDEAS |
| HELP REMOVING ITEMS THAT CAN BE USED FOR SUICIDE |
| FINANCIAL/DEBT HELP OR MANAGEMENT |
| TAKING BETTER CARE OF YOURSELF:<br>(EATING HEALTHY, SLEEPING, STRETCHES/EXERCISE, OVERCOMING ADDICTIONS) |
| LEGAL DOCUMENTS/ADVANCED DIRECTIVE/WILL |

**KNOWING YOUR NEEDS BEFORE ASKING SOMEONE TO HELP WITH THEM WILL PROVIDE OPTIONS FOR THEM TO CHOOSE - HOW THEY CAN BEST SUPPORT YOU.**

**IF YOU DON'T LIKE THE IDEA OF ASKING OTHERS FOR HELP,**
**DON'T THINK OF IT AS HELP BUT AS OTHERS GIVING YOU SUPPORT**
**- LIFE SUPPORT -**

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# WHAT ARE MY NEEDS?

## BEFORE ASKING SOMEONE TO JOIN YOUR SUPPORT TEAM, THINK ABOUT – WHAT KIND OF SUPPORT DO I NEED?

**EXAMPLES OF SOME SUPPORT NEEDS:**

**SOMEONE TO GIVE ME RIDES TO & FROM APPOINTMENTS**
**SOMEONE WHO WILL HELP REMOVE ITEMS THAT MAY BE USED TO END MY LIFE**
**SOMEONE WHO WILL HANG OUT WHEN I'M FEELING ALONE OR EXTRA LOW**
**SOMEONE WHO CAN HELP ME PROBLEM SOLVE MY SITUATION**
**SOMEONE WHO CAN STAY CALM WHEN I NEED HELP OR TO TALK**
**SOMEONE WHO WILL BE THERE TO LISTEN IF I FEEL LIKE TALKING**
**SOMEONE TO HELP FIND THE RIGHT TYPE OF MENTAL HEALTH SPECIALIST**
**SOMEONE TO RESEARCH ABOUT SUICIDAL THINKING WITH ME**
**SOMEONE TO HELP ME CARE FOR MY WELL-BEING**
**SOMEONE TO HELP ME QUIT USING ALCOHOL/DRUGS**
**SOMEONE TO BE THERE WHEN NEEDED FOR A SHOULDER TO CRY ON OR HUG**
**SOMEONE TO MAKE SURE I GO TO SUPPORT GROUPS/APPOINTMENTS/MEETINGS**
**SOMEONE TO GET HEALTHY GROCERIES/PICK UP PRESCRIPTIONS**
**SOMEONE TO WATCH KIDS FOR AN HOUR OR TWO**

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# WHAT ARE MY NEEDS?

## BEFORE ASKING SOMEONE TO JOIN YOUR SUPPORT TEAM,
## THINK ABOUT –
## WHAT KIND OF SUPPORT DO I NEED?

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**I REFUSE TO BE A STATISTIC! I'M STRONG! IT'S OK TO ASK FOR HELP!**

**EXAMPLES OF SOME SUPPORT NEEDS:**

**SOMEONE TO GIVE ME RIDES TO & FROM APPOINTMENTS**
**SOMEONE WHO WILL HELP REMOVE ITEMS THAT MAY BE USED TO END MY LIFE**
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**SOMEONE TO WATCH KIDS FOR AN HOUR OR TWO**

**I REFUSE TO BE A STATISTIC! I'M STRONG! IT'S OK TO ASK FOR HELP!**

# WHAT ARE MY NEEDS?

## THERE ARE FOUR MAIN TYPES OF NEEDS:

1. NEEDS TO HELP STAY ALIVE
2. NEEDS TO HELP SOLVE PROBLEMS
3. NEEDS TO HELP MAKE LIFE EASIER/BETTER
4. NEEDS TO MAINTAIN MENTAL WELL-BEING

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**I'M NOT GOING TO ACT ON SUICIDAL THOUGHTS! I WANT TO LIVE!**

**I'M DETERMINED TO LIVE! I'M RESOURCEFUL! I'M NOT GIVING IN!**

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## WHAT ARE MY NEEDS?

**THERE ARE FOUR MAIN TYPES OF NEEDS:**

1. NEEDS TO HELP STAY ALIVE
2. NEEDS TO HELP SOLVE PROBLEMS
3. NEEDS TO HELP MAKE LIFE EASIER/BETTER
4. NEEDS TO MAINTAIN MENTAL WELL-BEING

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**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

# WHAT ARE MY NEEDS?

**THERE ARE FOUR MAIN TYPES OF NEEDS:**

1. NEEDS TO HELP STAY ALIVE
2. NEEDS TO HELP MAKE LIFE EASIER/BETTER
3. NEEDS TO HELP SOLVE PROBLEMS
4. NEEDS TO MAINTAIN MENTAL WELL-BEING

**THERE ARE TWO CLASSIFICATIONS OF NEEDS:**

1. NEEDS I SOLVE BY MYSELF
2. NEEDS ONLY OTHERS CAN HELP ME SOLVE

| NEEDS I SOLVE BY MYSELF | NEEDS ONLY OTHERS CAN SOLVE |
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# GETTING MY NEEDS FIGURED OUT

| NEEDS I SOLVE BY MYSELF | NEEDS ONLY OTHERS CAN SOLVE |
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# FIGURING OUT WHAT MY NEEDS ARE

## THERE ARE FOUR MAIN TYPES OF NEEDS:

1. NEEDS TO HELP STAY ALIVE
2. NEEDS TO HELP SOLVE PROBLEMS
3. NEEDS TO HELP MAKE LIFE EASIER/BETTER
4. NEEDS TO MAINTAIN MENTAL WELL-BEING

## THERE ARE TWO CLASSIFICATIONS OF NEEDS:

1. NEEDS I SOLVE BY MYSELF
2. NEEDS ONLY OTHERS CAN HELP ME SOLVE

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**I MATTER! I'M ENOUGH! I'M LOVED! I'M AMAZING!**

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# GETTING NEEDS WRITTEN DOWN AND FIGURED OUT

**INCLUDE BOTH NEEDS I CAN SOLVE BY MYSELF AND**
**NEEDS ONLY OTHERS OR ORGANIZATIONS CAN HELP ME SOLVE.**

| NEEDS TO HELP STAY ALIVE | NEEDS FOR MENTAL WELLNESS SUPPORT |
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| NEEDS TO HELP SOLVE PROBLEMS | NEEDS TO MAKE LIFE EASIER/BETTER |
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# THINGS I CAN DO TO DISTRACT MY THOUGHTS

- **WHAT ARE MY INTERESTS OR HOBBIES? WHAT DO I ENJOY? WHAT AM I GOOD AT?**

- **WRITE DOWN ACTIVITIES I CAN DO BY MYSELF:**

- **WRITE DOWN ACTIVITIES I CAN DO WITH OTHERS:**

- **WRITE DOWN WHAT NEW POSITIVE ACTIVITIES I'M WILLING TO TRY:**

- **WHAT POSITIVE PEOPLE CAN I VISIT/HANG OUT WITH IN PERSON/ONLINE/PHONE?**

- **WHAT GIVES ME HOPE/PURPOSE/REASONS FOR LIVING? ANY GOOD MEMORIES?**

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

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# 14 STEPS I WILL DO TO HELP KEEP MYSELF ALIVE

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

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

**03. TO THE BEST OF MY ABILITY I WILL AVOID WHAT CAUSES MY SUICIDE 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, STAY AWAY FROM ALCOHOL & DRUGS, AND NOT ACT RECKLESS.**

**07. I WILL FILL OUT RESOURCE MATERIAL FORMS, READ AND DO THEM REGULARLY.**

**08. I WILL LEARN PROBLEM SOLVING SKILLS TO SOLVE PROBLEMS IN POSITIVE WAYS.**

**09. I WILL KEEP MY MIND BUSY AND DO POSITIVE ACTIVITIES.**

**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/MY MENTAL HEALTH PROVIDER, OR IF I'M IN CRISIS I WILL GO TO A HOSPITAL EMERGENCY ROOM.**

**I'M IN CHARGE OF MY LIFE** **I WILL FIGHT TO STAY ALIVE**

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

# 21 STEPS I WILL DO TO HELP KEEP MYSELF INSPIRED TO BE ALIVE

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

**02. I WILL THOUGHTFULLY FILL OUT THIS PREVENTION SAFETY PLAN/A DIFFERENT ONE.**

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

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

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

**06. I WILL ADD MATERIALS TO THIS SAFETY PLAN FROM WWW.GALLERYOFHOPE.ME. LIKE THE SNOWFLAKE MODEL/HEART OF HOPE DISTRACTION RESOURCES FORMS.**

**07. I AM WILLING TO LEARN ABOUT MYSELF! EVEN WARNING SIGNS & HIDDEN HURTS.**

**08. I WILL DO POSITIVE ACTIVITIES/DISTRACTIONS AND BE WILLING TO TRY NEW ONES.**

**09. 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.**

**10. I WILL LEARN PROBLEM SOLVING SKILLS TO SOLVE PROBLEMS IN POSITIVE WAYS.**

**11. I WILL KEEP MY MIND BUSY AND DO DISTRACTIONS TO STAY IN THE MOMENT.**

**12. I WILL GO TO POSITIVE PLACES TO DISTRACT MYSELF (PHYSICALLY OR ONLINE).**

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

**14. I WILL DO RELAXATION METHODS AT LEAST ONCE PER DAY (MORE IS BETTER ☺).**

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

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

**17. WHEN FEELING DOWN MORE THAN USUAL, I WILL REACH OUT TO PEOPLE ON MY SUPPORT TEAM/CONTACT MY MENTAL HEALTH SPECIALIST FOR AN APPOINTMENT.**

**18. WHEN WARNING SIGNS ARE PRESENT AND THESE STEPS ARE NOT WORKING: TO REMAIN SAFE I WILL CONTACT A CRISIS LIFELINE/MY MENTAL HEALTH PROVIDER, OR IF ALREADY IN CRISIS I WILL GO TO A HOSPITAL EMERGENCY ROOM.**

**19. OPTIONAL: I WILL USE THE SNOWFLAKE MODEL TO HELP HEAL MY HURT(S).**

**20. OPTIONAL: I WILL KEEP READING POSITIVE AFFIRMATIONS. MINE OR ON CARD**

**21. OPTIONAL: I WILL HELP OTHERS. I WILL FIND LITTLE WAYS TO BRING OTHERS JOY.**

## I'M IN CHARGE OF MY LIFE & THOUGHTS! I WILL FIGHT TO STAY ALIVE!

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