



# SAFETY PLAN

*A safety plan is a written list of personalized coping strategies and resources that you can use to help yourself when you are feeling suicidal. This is a way to create a plan of action to challenge your suicidal thoughts and help you to develop tools to keep you alive and create a life worth living.*

<p><b>1</b> What are my triggers? What happened, what was I thinking, what was I doing, how was I feeling, why did I start thinking about killing myself? <i>Examples: "I felt worthless or stupid," or "Nobody cares about me."</i></p> <hr/> <hr/> <hr/> <hr/>	<p><b>2</b> What can I do to help myself- how can I challenge those thoughts? How can I calm or distract myself? <i>Examples: Deep breathing exercises, focus on external sights, sounds, sensations rather than internal thoughts, peeling an orange</i></p> <hr/> <hr/> <hr/> <hr/>										
<p><b>3</b> Where can I go, what else can I do to take my mind off of killing myself? Which people and what places can distract me from killing myself? <i>Examples: Go to church, a bookstore or coffee shop, be around positive people.</i></p> <hr/> <hr/> <hr/> <hr/>	<p><b>4</b> Who can I ask to help me? Who do I trust? (List more than one in case your first choice is unavailable)</p> <hr/> <hr/> <hr/> <hr/>										
<p><b>5</b> Professionals or agencies I can contact if I'm in crisis:</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 50%;">Name</th> <th style="width: 50%;">Phone Number</th> </tr> </thead> <tbody> <tr> <td> </td> <td> </td> </tr> <tr> <td> </td> <td> </td> </tr> <tr> <td>National Suicide Prevention Lifeline</td> <td>1-800-273-TALK (8255)</td> </tr> <tr> <td>Crisis Text Line</td> <td>HOME to 741741</td> </tr> </tbody> </table>	Name	Phone Number					National Suicide Prevention Lifeline	1-800-273-TALK (8255)	Crisis Text Line	HOME to 741741	<p><b>6</b> How can I create a safer environment for myself? <i>Example: Give guns and ammunition to someone else, remove pills, rope, etc.</i></p> <hr/> <hr/> <hr/> <hr/>
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**What is the one thing that is most important to me and is worth living for?**

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