

# My Safety Plan

I will ask \_\_\_\_\_ (trusted friend, family member, counsellor) to help me make the plan.

I will ask \_\_\_\_\_ (trusted friend, family member, crisis support worker) to keep a copy.

**If I am feeling overwhelmed and in danger of acting on suicidal thoughts, I will do the following:**

**1.**

I will make a deal with myself to not act immediately and when warning signs are present. Warning signs (thoughts, images, mood, situation, behavior) that a crisis may be developing:

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

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

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

**2.**

I will speak to myself with compassion and caring, reminding myself of ways to calm myself down and soothe myself; I can say:

1. \_\_\_\_\_ 2. \_\_\_\_\_

3. \_\_\_\_\_ 4. \_\_\_\_\_

**3.**

Things I can do to take my mind off my problems without contacting another person (relaxation technique, physical activity):

Sitting quietly alone       Using a cold face cloth       Other: \_\_\_\_\_

Writing your feelings down       Reading       Other: \_\_\_\_\_

Deep breathing exercises       Exercise/Running       Other: \_\_\_\_\_

**4.**

I will call friends that help provide distraction or provide help:

1. Name: \_\_\_\_\_ Phone# \_\_\_\_\_

2. Name: \_\_\_\_\_ Phone# \_\_\_\_\_

3. Name: \_\_\_\_\_ Phone# \_\_\_\_\_

5.

Other people can help me by: (Write down reminders of the kind of help you can ask other people for eg. keeping me company, being in touch with me online, taking away dangerous items for safe-keeping)

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

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

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

6.

I will remind myself of my coping statements and what has helped me before:  
(Write down one or more coping statements that you can repeat to yourself: eg. "I have survived so far, and I will make a commitment to surviving for another hour/day."  
"These are just thoughts - I don't have to act on them." "This feeling will pass.")

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

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

7.

If I still feel suicidal and at risk I will seek professional help immediately by calling:

1. Clinician's Name: \_\_\_\_\_ Phone# \_\_\_\_\_

2. Suicide Prevention Lifeline Phone: 1-800-273-TALK (8255)

3. Dial 911.

The one thing that is most important to me and worth living for is: