

My safety plan

Patient Name:

Date:

Education and professional resources

Organization	Phone number
National Suicide Prevention Lifeline	1-800-273-8255
Crisis Text Line	Text "HOME" to 741-741
You should always call 911 if you need immediate help to stay safe	

Step 1: Know WHEN you need help

What are the warning signs to know that I'm not doing well (e.g., start to think about death/suicide, feel down/depressed)?
1. I feel really sad and just want to sleep
2. I feel hopeless

Step 2: Know HOW to help yourself (internal coping strategies)

What things can I do on my own to feel better?
1. Go for a walk
2. Listen to music
3. Journal

Step 3: Know WHEN you need help

What people or places can take my mind off of my problems — at least for a little bit?

1. Grandma
2. The park

Step 4: Know WHY you are finding help

List two things that are very important to me and worth living for:

1. My family
2. Fulfilling my dreams

Step 5: Know WHO to ask for help

Who can I contact who will help me during a crisis? (Must be above the age of 21 years old)

1. My mom or dad
2. My aunt
3. 1-800-273-8255 Suicide prevention hotline or 9-1-1

Step 6: Mitigate risk to lethal means

How can you limit your access to lethal means and keep yourself safe during a crisis at home, school, or in the community?

1. Keep medication locked up
2. Communicate with my support systems.
3. Make sure I'm not alone