

Safety Plan

A suicidal crisis can be hard to predict. Sometimes, these thoughts can come on suddenly, but often they go away on their own. Safety planning is a way to help you become more aware of your feelings when a crisis is building so you can act as soon as possible to decrease your distress and get through the suicidal crisis safely.

My Warning Signs

What thoughts, moods, images, situations, and/or behaviors tell me I might be headed for crisis?

1. _____
2. _____
3. _____

My Coping Strategies

What can I do on my own to take my mind off of my problems? (examples: journaling, exercise)

1. _____
2. _____
3. _____

Who can provide a positive distraction for me when I am feeling bad? (name/contact #)

1. _____
2. _____

What places or social settings can provide a positive distraction when I am feeling bad?

1. _____
2. _____

My Environmental Safety

Research has shown that **limiting access to dangerous objects saves lives**.

Please review the Suicide Prevention Resource Center handout on limiting access to lethal means.

<https://www.sprc.org/sites/default/files/Handout-WhatClientsOrFamilies.pdf>

My Crisis Response

Who can I ask for help to get me safely through the crisis? (name/contact #)

1. _____
2. _____
3. _____

What is the name and contact number for my doctor, therapist, and/or counselor?

1. _____
2. _____
3. _____

What are my reasons for living?

1. _____
2. _____
3. _____

What are urgent/crisis and educational resources if I am in need or a loved one is in need?

National Resources

- » National Suicide and Crisis Lifeline: call **988**
- » Call or text the National Maternal Mental Health Hotline for free and confidential support: **1-833-TLC-MAMA** (1-833-852-6262)
- » Crisis Text Line: Text **HOME** to **741741**
- » Suicide Prevention Resource Center: www.sprc.org
- » National Institutes of Health: www.nimh.nih.gov
- » Substance Abuse and Mental Health Services Administration: www.samhsa.gov

We recommend having your **safety plan** somewhere **you can see it** and access it when you are at risk of a suicidal crisis. Post a copy at home and keep a copy with you. You can take a picture of your safety plan on your phone, have a hard copy, or download a safety planning mobile app on your phone. You can search “Safety Plan” in your app store and see which ones have the components of our recommended safety plan here.

Do whatever it takes to stay safe and make it through the crisis. You are worth it.