

Safety plan

If you are feeling suicidal, follow this plan one step at a time. Keep the plan somewhere you can easily find it. It may be helpful to make a note (on the safety plan) that by following your plan you are giving yourself the best chance of these feelings passing.



(Fold the safety plan along the dotted line)

What have I done in the past that helped me to cope?

Who will I talk or reach out to?

How will I keep myself calm?

What services will help me?

What's my safe space?

What are my warning signs or triggers that make me feel more out of control?

What are my reasons for living?
