

## Safety Plan

A safety plan is a written set of instructions to implement when you experience thoughts about ending your life or harming yourself. When you are feeling suicidal or like you may self-harm, follow the steps below until you are safe. The suicidal and self-harming thoughts are a result of experiencing pain and not having the resources to cope. In order to change these overwhelming thoughts and feelings, you must reduce pain and increase coping resources. This plan can help your distressing experience pass. Keep the plan where you can easily find it when you need it. The plan is flexible so you can add and change items as needed.

### Warning Signs

Make a list of your crisis warning signs. What is occurring when you start to feel suicidal or like you may self-harm? What do you think and feel when you begin to feel suicidal or like you may self-harm? What do you experience when you start to think about suicide or self-harm? How do you feel physically before you begin feeling suicidal or like you may self-harm?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

### Coping Strategies

List your personal coping strategies. What activities can you do on your own to help take your mind off your problems and concerns? What can you think about to help yourself not act on your suicidal or self-harm thoughts and urges? This can include reasons for living. What might make you more likely to use these coping strategies?

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2. \_\_\_\_\_
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4. \_\_\_\_\_
5. \_\_\_\_\_

### Sources of Support and Distraction

Come up with some sources of support and distraction. Think of people and places that could help shift your attention away from painful feelings or thoughts. Who do you feel good around when you spend time with them? Who helps you take your mind off your problems? You do not have to tell them about your state of mind. Where can you go to be around people in a safe environment?

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2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**Make a list of people you can count on for help.**

Think about who you could contact in a crisis. Who do you trust and confide in? Who is always there when you need them? This might be a friend, a family member, or someone else. What are the benefits of sharing your distressing thoughts and feelings with someone who may offer support? List multiple people in case one contact is unavailable. If no one comes to mind, that's okay. Please refer to professional sources of support.

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4. \_\_\_\_\_
5. \_\_\_\_\_

**List your professional sources of support.**

This may include your therapist, counselor, social worker, doctor, mental health agencies, local emergency rooms, 24-hour urgent care, and crisis hotlines. Record how you can contact these professionals. What are the benefits of reaching out?

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2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**Think through ways to keep yourself safe.**

Identify potentially harmful objects in which access needs to be eliminated. Do you have weapons or other means to hurt yourself? How can you restrict access to items you would consider using during a suicidal or self-harm crisis? How can you safely remove them?

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2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_