

Identify warning signs
What thoughts, feelings, and behaviors do you (or others) notice before you start to feel suicidal that indicate that you should use this safety plan?
Use internal coping strategies
What are realistic things that you can do on your own to help you cope, distract from thoughts of harm, and stay safe? Be specific.
Social contacts or settings to distract from the crisis
Include individual names and phone numbers, and specific places to go to distract from thoughts of harm. People: 1. 2. Places: 1. 2.
Family or friends who can provide support (and know what's going on)
Include individual names and phone numbers. 1. 2. 3.
Professionals to call
Include phone numbers for therapist, physician, agencies, and helplines. - - - 988 (Suicide & Crisis Lifeline): can call or text 24/7 - Local emergency room: add address, phone number - 911: can call or text
Make the environment safe
Plan to limit access to things that may cause harm. Do you have access to a firearm? Any other potentially lethal means of suicide?
List reasons for living
Plan to increase physical reminders of your reasons for living at home. What is your motivation for living? What keeps you going?