

# Personal Safety Plan

A safety plan can help keep you safe when you're feeling overwhelmed and/or having suicidal thoughts. Safety planning involves the proactive development of written individualized steps that can be easily followed during moments of intense emotional distress and/or suicidal crisis, when your critical thinking and problem-solving skills are diminished (called "tunnel vision"). Safety planning is an evidence-based intervention and has been shown to significantly reduce suicidal ideation, suicide attempts, and death by suicide.

\*Although the Commonwealth, and its agencies, are responsible for the production and promotion of Plan. Pause. Protect. campaign materials, the Personal Safety Plan is intended for private, personal use only.

## Step 1. List the warning signs (thoughts, mood, situation, behavior) that a crisis might be developing:

## Step 2. List coping strategies that can be used *independently* to distract or take your mind off a problem (mindfulness or physical activity):

## Step 3. List people or social settings that can provide a you with a distraction:

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Place: \_\_\_\_\_ Place: \_\_\_\_\_

## Step 4. List the people in your life who you can ask for help:

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

## Step 5. List professionals or agencies that you can contact during a crisis:

Clinician Name: \_\_\_\_\_ Phone: \_\_\_\_\_  
Emergency Contact #: \_\_\_\_\_

Clinician Name: \_\_\_\_\_ Phone: \_\_\_\_\_  
Emergency Contact #: \_\_\_\_\_

Local Crisis Services: \_\_\_\_\_ Phone: \_\_\_\_\_

## Suicide Prevention Lifeline: Call or text 988, 24/7/365, Veterans press 1

## Step 6. List the steps you will take to make your environment safe (plans for removing or limiting access to lethal means, e.g. firearm, medications, household poisons, sharp or other dangerous objects):

## Step 7. List your reason(s) for living:

# Gun Owner Safety Plan

Owning a firearm is a right we have and with that comes **one common responsibility: to handle and store our weapons safely.** This responsibility involves thoughtful consideration about the safe operation and storage of firearms to prevent firearm-related accidents, suicides, and thefts. Another very important consideration for firearm safety is our mental health. **More than half of all gun-related deaths in the U.S. are suicides**, with roughly 55% involving self-inflicted gunshot wounds, which highlights the need for gun owners to proactively develop a plan of action, by thinking through and answering the following questions before it is ever needed.<sup>1,2</sup>

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**How do I plan to safely and securely store my firearms?**

**How do I plan to check-in on my mental health prior to accessing my firearms?**

**How do I plan to temporarily remove access to my firearm if I'm experiencing a mental health crisis?**

**Who can be involved in pointing out that I'm in a temporary crisis? (include name and phone number)**

1.

2.

3.

4.

**What is my plan to temporarily remove my access to firearms when I'm trying a new medication that might alter my mental state?**

**What is my plan if someone who lives with me and has access to firearms in the home is in crisis?**

**What is the plan if a medical or other incident changes my long-term mental health outlook?  
Who can help me execute this plan if I'm unable to? (include name and phone number)**

1.

2.

**What is my plan for my firearms if I pass away?**

# Firearm Inventory Record

Protecting your inventory is not only smart, but it also proves that you are a responsible owner.

As responsible owners, we take extra precautions and accountability for our inventory.

**We know exactly what we have and that it's secure.**

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Manufacturer:	Caliber/Gauge:
Model:	Storage Location:
Serial No.:	Acquired From:
Type:	Acquired Date:
Finish:	Value:

Manufacturer:	Caliber/Gauge:
Model:	Storage Location:
Serial No.:	Acquired From:
Type:	Acquired Date:
Finish:	Value:

Manufacturer:	Caliber/Gauge:
Model:	Storage Location:
Serial No.:	Acquired From:
Type:	Acquired Date:
Finish:	Value: