

Suicide 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.

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: