

Make A Safety Plan

SAFETY PLANS

A safety plan is designed to guide you through a crisis. As you continue through the steps, you can get help and feel safer. Keep your plan easily accessible in case you have thoughts of hurting yourself.

1. **Recognize your personal warning signs:** What thoughts, images, moods, situations, and behaviors indicate to you that a crisis may be developing? Write these down in your own words.
2. **Use your own coping strategies:** List things that you can do on your own to help you not act on urges to harm yourself.
3. **Socialize with others who may offer support as well as distraction from the crisis:** List people and social settings that may help take your mind off of difficult thoughts or feelings.
4. **Contact family members or friends who may help to resolve a crisis:** Make a list of people who are supportive and who you feel you can talk to when under stress.
5. **Contact mental health professionals or agencies:** Make a list of names, numbers and/or locations of clinicians, local emergency rooms, and crisis hotlines. Put the Lifeline number, 1-800-273-8255, into your phone.
6. **Ensure your environment is safe:** Have you thought of ways in which you might harm yourself? Work with a counselor to develop a plan to limit your access to these means.

TO MAKE A SAFETY PLAN

You can use the provided template below with more resources listed at the end of the template OR go to <https://suicidepreventionlifeline.org/help-yourself/> and

- Get a plan template, OR
- Download the MY₃ App
 - ⇒ With MY₃, you define your network and your plan to stay safe. With MY₃ you can be prepared to help yourself and reach out to others when you are having thoughts of suicide.
 - ⇒ Remember: there is hope and a life to look forward to, even in your darkest moments. MY₃ can help you get through your most difficult times.
 - ⇒ Who are your 3? Is it your sister? Your therapist? Maybe even a neighbor down the street? Download MY₃ to make sure that your 3 are there to help you when you need them most.
 - ⇒ MY₃ is available in the Apple App Store and Google Play, free of charge. Click below on your preferred mobile application provider for instructions on how to download MY₃ to your mobile device.

MY₃ Features:

Create your support system.

Add the contact information of the 3 people you feel you would like to talk to when you are having thoughts of suicide.

Build your safety plan.

Customize your safety plan by identifying your personal warning signs, coping strategies, distractions and personal networks. This safety plan will be with you at all times and can help you stay safe when you start thinking about suicide. Learn more about [safety planning](#).

Access Important Resources.

Hold all your resources in the palm of your hand. Whether you're a veteran, want support from your local community, or want to learn more about suicide prevention, pick the resources that best support you.

Get support at times of greatest risk.

When you're having thoughts of suicide and it feels like there's no hope in sight, find support at your fingertips at any time of the day.

Access the National Suicide Prevention Lifeline 24/7.

A trained counselor from a crisis center near you can be reached 24 hours a day, 7 days a week. Anyone can call, whether you're concerned for yourself or someone else. If you need someone to talk to, the National Suicide Prevention Lifeline is always ready for the call.

My Suicide Safety Plan

Thoughts of suicide may come and go. Coming up with a safety plan can help you get through rough times. This safety plan can help you when you feel like you want to hurt yourself. Make this safety plan yours by reading it carefully and completing each step. Share it with your doctor or therapist. Make sure to keep it with you. And remember, you are not alone!

Use these strategies before or during a suicidal crisis.

STEP 1 Safe Environment

Many people hurt themselves when they are upset or in a bad state of mind. Putting some distance between you and the things you can use to hurt yourself is important. It makes it less likely that you will act on your suicidal thoughts when they happen. It is best to remove things that you can use to hurt yourself as soon as you can. It will be harder to do so when you are under stress or having thoughts of killing yourself.

Ask yourself: How can I make my home safe, right now, before I am in crisis?

- Get rid of pills I don't need; keep only quantities that are not dangerous. A doctor or pharmacist can advise you.
- Temporarily store all guns with a friend, relative, gun shop, or storage facility. Or ask someone to hold onto the keys to my gun locks/gun safe.

Other:

STEP 2 Warning Signs

For many, suicidal thoughts do not happen "out of the blue." There are usually signs or triggers. It will be easier to cope if you see your signs early and take action. Warning signs can be "internal" like sad mood or unhealthy thoughts. They can also be "external" like arguments or other stressful life events. These warning signs should let you know that you should follow your safety plan.

**Ask yourself: "What are my triggers or warning signs a crisis is developing?"
"How will I know when I need the safety plan?"**

- | | | | |
|--|---|--|---|
| <input type="checkbox"/> Feeling down, sad
<input type="checkbox"/> Arguments, break-ups
Withdrawing, feeling isolated | <input type="checkbox"/> Bad life events
<input type="checkbox"/> Drinking or using drugs
<input type="checkbox"/> Feeling angry, wanting revenge | <input type="checkbox"/> Feeling worthless, hopeless
<input type="checkbox"/> Feeling trapped
<input type="checkbox"/> Feeling stressed, overwhelmed | <input type="checkbox"/> Being in pain
<input type="checkbox"/> Feeling anxious, agitated
<input type="checkbox"/> Failing, doing poorly at something |
|--|---|--|---|

Other:

STEP 3 Coping Strategies

If you are feeling down or suicidal, taking your mind off of things can help. It is important to find healthy ways to handle bad moods and bad times. What can you do, on your own, if you become suicidal again, to help yourself not to act on your thoughts or urges.

Ask yourself: What healthy actions can I take to make myself feel better?

- Remind myself: these thoughts are serious, but I can get through this.
- | | | | |
|--|---|---|---|
| <input type="checkbox"/> Talk to someone I trust
<input type="checkbox"/> Go to a support Group Meeting | <input type="checkbox"/> Go for a walk, exercise
<input type="checkbox"/> Do something nice for someone else | <input type="checkbox"/> Listen to music, watch a movie
<input type="checkbox"/> Do a hobby, favorite activity | <input type="checkbox"/> Take medications as prescribed
<input type="checkbox"/> Meditate, pray, go to your church or temple |
|--|---|---|---|

Other:

Ask Yourself: How likely do you think you would be able to use these strategies during a time of crisis?

Likelihood of use:

Ask Yourself: What might stand in the way of you thinking of these activities or doing them if you think of them?

Roadblocks:

STEP 4 Important Things To Me

Sometimes it is important to remind ourselves what is important in our lives. Many people say that their family or friends are important. Others remind themselves that even when times are bad there can be value and growth.

Ask yourself: What are the things that are most important to me?

<input type="checkbox"/> My family and friends	<input type="checkbox"/> My religious beliefs	<input type="checkbox"/> My job	<input type="checkbox"/> My life's purpose
<input type="checkbox"/> My community	<input type="checkbox"/> My pet	<input type="checkbox"/> My hobbies	<input type="checkbox"/> My health

Other:

STEP 5 Who Can I Talk To – Where Can I Go to get DISTRACTED

Sometimes it is useful to talk with someone who you can trust or who can distract you if you have suicidal thoughts. If you don't have someone, sometimes there are support groups that can help. Try to pick people who are likely to be healthy for you.

Ask yourself: Who can I talk to or where can I go that makes me feel better?

Name: _____ Phone: _____

Name: _____ Phone: _____

Places: _____

STEP 6 Professional Contacts

There are people who can and want to help you! Even if you cannot reach your doctor, you can always call the Lifeline. The Lifeline has trained people who can help you through your crisis.

Ask yourself: Where can I get help?

My doctor: _____ Phone: _____

My counselor/therapist: _____ Phone: _____

My referral appointment: **Date:** _____ **Phone:** _____

Time: _____ **Location:** _____

The Lifeline (Free Crisis Hotline): 1-800-273-8255 (1-800-273-TALK)

If you are still feeling suicidal, dial 911 or go to your nearest emergency room.

Other Resources:

1. <https://suicidepreventionlifeline.org/>
2. Safety Plan (App) by Two Penguins Studios LLC
3. The Lifeline (Free Crisis Hotline): 1-800-273-8255
4. Sources for Downloadable Apps that can help you and your family/friends:
https://www.iasp.info/resources/Suicide_Prevention_and_New_Technologies/Suicide_Prevention_Smartphone_Apps/
<https://www.tomsguide.com/us/suicide-prevention-apps,review-2397.html>
5. To find a local crisis center in the life line national network access: <https://suicidepreventionlifeline.org/our-network/> type in City, state or zip code to find a resource near you.

There are several organizations dedicated to understanding and preventing suicide. These include:

- The American Foundation for Suicide Prevention (AFSP) is the leading national not-for-profit organization exclusively dedicated to understanding and preventing suicide through research, education and advocacy, and to reaching out to people with mental disorders and those impacted by suicide. <https://afsp.org/find-support/>
- The American Association of Suicidology is dedicated to understanding and preventing suicide through advancing the science of suicidology, developing and applying strategies to reduce the incidence of suicide and disseminating accurate information on suicide. <http://www.suicidology.org/resources/links-of-interest>
- The National Suicide Prevention Hotline is a 24-hour, toll-free, confidential suicide prevention hotline available to anyone in suicidal crisis or emotional distress. By dialing 1-800-273-TALK (8255), the call is routed to the nearest crisis center in a national network of more than 150 crisis centers. The Lifeline's national network of local crisis centers provide crisis counseling and mental health referrals day and night. <https://suicidepreventionlifeline.org/talk-to-someone-now/>