



MY SUICIDE SAFETY PLAN

Last Updated: _____

STEP 1. WARNING SIGNS AND TRIGGERS

List anything that can trigger negative emotional spirals that lead to suicidal thoughts.

STEP 2. SELF CARE COPING STRATEGIES

List the strategies for managing suicidal thoughts that work best for you and that you can implement on your own.

STEP 3. PEOPLE AND PLACES THAT CAN BE USED FOR DISTRACTIONS

List the people you can spend time with (not specific to providing mental health support), or public places you can go to, in order to distract yourself from intrusive thoughts of suicide.

STEP 4. PEOPLE THAT CAN BE CONTACTED IN A CRISIS (AND THEIR CONTACT DETAILS)

List the people you are comfortable talking with about your suicidal thoughts and who are comfortable helping you out if a crisis occurs.



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STEP 5. MENTAL HEALTH PROFESSIONALS AND CRISIS SUPPORT LINES

List the contact information for mental health professionals or crisis support resources who can help you through a suicidal crisis.

STEP 6. MAKING OUR ENVIRONMENT SAFE

List the things to remove from or restrict access to in your immediate environment to help keep you safe, and who you can ask to help with this.

STEP 7. REASONS TO STAY ALIVE

List the things you care about (people, places, hobbies) or have enjoyed before (happy memories, positive experiences, or simple pleasures) that give you reason to not act on thoughts of suicide.