

Safety plan

Fill in your safety plan so it's ready to use when you need it. When you are feeling suicidal, follow the plan one step at a time until you are safe. Keep the plan somewhere you can easily find it and these feelings will pass.

Who will I talk or reach out to?

What services will help me?

What are my warning signs or triggers that make me feel more out of control?

What have I done in the past that helped me to cope?

How will I keep myself calm?

What's my safe space?

What are my reasons for living?
