

# SAMPLE SAFETY PLAN 1

## STEP 1: Warning signs:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## STEP 2: Internal coping strategies—Things I can do to take my mind off my problems without contacting another person:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## STEP 3: People and social settings that provide distraction:

1. Name: \_\_\_\_\_ Phone #: \_\_\_\_\_
2. Name: \_\_\_\_\_ Phone #: \_\_\_\_\_
3. Place: \_\_\_\_\_
4. Place: \_\_\_\_\_

## STEP 4: People I can ask for help:

1. Name: \_\_\_\_\_ Phone #: \_\_\_\_\_
2. Name: \_\_\_\_\_ Phone #: \_\_\_\_\_
3. Name: \_\_\_\_\_ Phone #: \_\_\_\_\_

**STEP 5: Professionals or agencies I can contact during a crisis:**

1. Clinician Name: \_\_\_\_\_ Phone #: \_\_\_\_\_

Clinician Pager or Emergency Contact #: \_\_\_\_\_

1. Clinician Name: \_\_\_\_\_ Phone #: \_\_\_\_\_

Clinician Pager or Emergency Contact #: \_\_\_\_\_

3. Suicide Prevention Lifeline: 1-800-273-TALK (8255)

4. Local Emergency Service: \_\_\_\_\_

Emergency Services Address: \_\_\_\_\_

Emergency Services Phone: \_\_\_\_\_

**STEP 6: Making the environment safe:**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

**The one thing that is most important to me and worth living for is:** \_\_\_\_\_

\_\_\_\_\_

Adapted from Stanley and Brown (2011)

# KEEPING YOURSELF SAFE

## SAMPLE SAFETY PLAN 2

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### Step 1: Know the warning signs

Many suicide attempt survivors indicate that their suicidal thinking became almost automatic over time. When something negative occurred, they started to have negative thoughts. These thoughts included, “Nobody cares about me,” “I can’t take it anymore. I wish I were dead.” These warning signs can include personal situations, thoughts, images, thinking styles, moods, or behaviors and can help you know when to use your plan.

What triggers your suicidal thoughts? \_\_\_\_\_  
\_\_\_\_\_

### Step 2: Internal coping strategies

One way to take your mind off your suicidal thoughts is to do something that helps you feel better. What can you do when you’re alone and you start to have thoughts of suicide? What can you do to take your mind off your problems and help yourself feel better? Examples include reading a book, playing computer games, exercising, playing with your dog, shopping, or writing down your thoughts and feelings in a journal.

\_\_\_\_\_  
\_\_\_\_\_

### Step 3: External coping strategies

Another way to take your mind off your suicidal thoughts is through external strategies like talking to certain people or visiting places that improve your mood. Finding places that make you feel better or people who cheer you up are good ways to keep your thoughts from escalating. Where can you go to be around other people in a safe environment? Who can you be around that makes you feel positive? Examples include the coffee shop, the gym, your place of worship, friends, or family.

\_\_\_\_\_  
\_\_\_\_\_

### Step 4: Who can you ask for help?

It can be helpful to have someone with whom you feel comfortable sharing your thoughts of suicide.

Ideally, this is a supportive person who already knows about your suicidal thoughts before a crisis occurs and is aware of his/her role as a resource in your plan. Having several people listed here, if possible, is best in case your primary support person is unavailable. Who do you feel comfortable talking to when you’re in crisis?

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

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

### Step 5: Professional resources

What professionals or agencies can offer assistance if the other parts of this plan don't seem to be helping you stay safe? Ideally, you want to have resources that are available 24 hours a day, 7 days a week.

Clinician's Name: \_\_\_\_\_ Clinician's Phone #: \_\_\_\_\_

Local Emergency Dept.: \_\_\_\_\_ Phone #: \_\_\_\_\_

Local hotline: \_\_\_\_\_

National Suicide Prevention Lifeline: 1-800-273-TALK (8255)

### Step 6: A safer environment

At times, you may forget to use your plan or it doesn't make you feel better. Having items close to you that you could use to harm yourself can create a dangerous situation. It's important to remove items that you may use impulsively.

What items do you have nearby that you could use to harm yourself? How can you safely remove them for the time being? Examples include pills, guns, knives, poison, or rope. To whom can you give them?

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### Reminders of hope and reasons for living

Things that are important to me and give me hope include:

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Adapted from Stanley and Brown (2011) by the Didi Hirsch Suicide Prevention Center.