

## My Personal 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!

**Step 1:** 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.

Others:

**Step 2:** 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?

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

Others:

Step 3: 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.

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.
- Talk to someone I trust
- Go for a walk, exercise
- Listen to music, watch a movie
- Take my medications as prescribed
- Go to a support group, meeting
- Do something nice for someone else
- Do a hobby, favorite activity
- Meditate, pray, go to your church or temple

Others:

Step 4: 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?

- My family and friends
- My religious beliefs
- My job
- My life's purpose
- My community
- My pet
- My hobbies
- My health

Others:

Step 5: 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 that makes me feel better?

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

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

Step 6: 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: \_\_\_\_\_

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.