

PERSONAL SAFETY PLAN

Please fill out this plan with clear, detailed information that's tailored to your individual needs. It's something you can easily keep with you and reference if you begin feeling depressed, anxious or suicidal. Follow each step and if you find it's not helping you feel better, proceed to the next one. **Call 988 immediately if you are in crisis.**

STEP 1: WARNING SIGNS

Note ways you feel or things you do that may signal that you are starting to feel depressed, anxious or suicidal. If you notice these things, it's time to proceed to the next step. Examples: heart-racing, biting nails, shaking leg, etc.

1. _____
2. _____
3. _____
4. _____

STEP 2: INTERNAL COPING STRATEGIES

These are things you can do on your own that tend to soothe you or help you stop spiraling thoughts. Examples: listening to music, journaling, meditating, etc.

1. _____
2. _____
3. _____
4. _____

STEP 3: DISTRACTIONS

These are comforting people and/or things you can do in public settings that provide a positive distraction. The goal is to interrupt negative thoughts so you can re-center. You do not necessarily have to tell the people involved you are struggling. Examples: going to an exercise class, talking to a family member, meeting friends for lunch, etc.

- | | |
|--------------|---------------------|
| Name: _____ | Contact info: _____ |
| Name: _____ | Contact info: _____ |
| Place: _____ | Place: _____ |

STEP 4: SUPPORT PEOPLE

These are names and contact information for people you trust to provide comfort and support when you are feeling bad, especially if the other steps have not worked. Ideally, they should be people whom you've already told about your suicidal thoughts that know their role in your safety plan. Examples: parent, sibling, best friend, etc.

- | | |
|-------------|---------------------|
| Name: _____ | Contact info: _____ |
| Name: _____ | Contact info: _____ |
| Name: _____ | Contact info: _____ |

STEP 5: ASSISTANCE

These are professionals you should research in advance and turn to if you're in crisis and the other steps have not worked. Examples: psychologist, therapist, crisis center, 988 or other call/chat line, etc.

- | | |
|-------------|---------------------|
| Name: _____ | Contact info: _____ |
| Name: _____ | Contact info: _____ |
| Name: _____ | Contact info: _____ |

STEP 6: A SAFER SPACE

These are things you should remove from your environment when you're feeling depressed, anxious or suicidal. Examples: firearms, prescription medication, drugs/alcohol, etc.

1. _____
2. _____
3. _____
4. _____



For Crisis Assistance call 988



Learn more at
zerosuicidecommunities.org