

# Safety Plan

A safety plan is designed to guide you through a crisis. As you proceed through the steps, you can help yourself and feel safer. Keep your plan easily accessible in case you have thoughts of hurting yourself.

## Step 1: My Warning Signs

A warning sign is something you think, feel, or do as suicidal thoughts are starting to develop.

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**Ask Yourself:** How will you know when to use my safety plan?  
**Ask Yourself:** What is happening when you start to experience suicidal thoughts or feel overwhelmed?  
**Ask Yourself:** How do you feel physically before you begin feeling suicidal or like harming yourself? (e.g., heart racing, not sleeping or eating well)

## Step 2: My Coping Strategies

Coping strategies are things you can do on your own to help feel a little better in the moment.

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**Ask Yourself:** What can you do, on your own to help yourself stay safe?

## Step 3: My Distractions

Distractions are people or places that may offer comfort in a time of distress.

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**Ask Yourself:** Which people or places help you take your mind off your problems at least for a little while?  
**Ask Yourself:** Who helps you feel better when you socialize with them?  
It is not necessary to tell the people on this list what you are going through or feeling.

## Step 4: My Supports

Supports are people you feel comfortable talking to about what you're going through, and who can provide some help.

Name	Contact Info
.....	.....
Name	Contact Info
.....	.....
Name	Contact Info
.....	.....

Who do you feel you can talk to about what you're experiencing and who will be supportive?  
Among your family or friends, who do you think you could contact for help during a crisis?  
Listing multiple people can help if one contact is unreachable. Prioritize the list. In this step, unlike the previous step, you reveal to others that you are in crisis.

## Step 5: Professional Supports

Professional contacts are people who can provide professional care and support.

Name	Contact Info
Name	Contact Info
Name	Phone Number

**Ask Yourself:** Who are the mental health professionals you feel belong on your safety plan?  
  
List other contacts, such as urgent care, mobile crisis team, mental health clinic, or a crisis center.

## Step 6: My Safe Environment

Making your environment safer will help to lower or delay the risk of you acting on suicidal thoughts. Are there elements of your plan and/or other dangerous items in your environment that you can disable, secure, remove or otherwise make more difficult to access?

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Do you own a firearm, such as a gun or rifle?  
  
What other items do you have access to and may use to attempt to kill or harm yourself?  
  
What would make it harder for you to access and use these items?

## Emergency contacts

**National:**

988 Suicide & Crisis Lifeline: **Call or Text** 988

**Chat** <https://988lifeline.org/chat/>