

SAFETY PLAN

A GUIDE TO COMPLETING YOUR SAFETY PLAN

01.

I WILL REFER TO THIS PLAN WHEN...

Thoughts and feelings shift toward suicide.

I may notice thoughts like:

- “There’s no point trying anymore.”
- “This pain will never stop.”

I may feel:

- Hopeless or helpless
- Like a burden to others
- Overwhelmed or emotionally numb

02.

WHEN I FEEL THIS WAY, I CAN REACH OUT TO...

Trusted people who will support me:

- [name]: [contact number]
- [name]: [contact number]
- [name]: [contact number]

I will remind myself that I don’t have to face this on my own. There are people who care and want to help.

03.

TO CALM MYSELF DOWN, I CAN...

Use healthy coping strategies that help me feel more in control:

- Doing something creative (i.e., drawing, writing, listening to music)
- Practising mindful breathing
- Taking a walk or engaging in physical activity
- Spending time in nature

04.

TO MAKE MY ENVIRONMENT SAFE, I CAN...

Protect myself by:

- Keeping windows secured
- Storing all sharp objects and medications out of reach or in a locked drawer
- Asking a trusted person to stay with me, if possible
- Keeping my phone charged and nearby

05.

IF I NEED PROFESSIONAL SUPPORT, I CAN...

- Call or text the 24-hour SOS or National Mindline
 - SOS: 1767 or 9151 1767 (Whatsapp)
 - National Mindline: 1771
- Call _____

06.

IF I CONTINUE TO FEEL UNSAFE AFTER TAKING THESE STEPS, I WILL...

Take active steps to keep myself safe. I can:

- Go to the nearest emergency department at: _____
- Let _____ know how I’m feeling and ask if they can stay with me.

Your safety is important to us. Please note that we are not an emergency service. If you need immediate or professional support, please **go to the nearest emergency service**.



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