

Suicide Prevention Plan

Name: _____

- List 3 signs to yourself that you might start to feel suicidal.
 - _____
 - _____
 - _____

- List 5 coping skills you can use. <https://asher.cybf.net> has a good selection.
 - _____
 - _____
 - _____
 - _____
 - _____

- List 3 people you can trust when you are feeling suicidal.
 - _____
 - _____
 - _____

- List their contact details.
 - _____
 - _____
 - _____

- What are some distractions you can use? These are things that can put the thoughts away for a short while.
 - _____
 - _____
 - _____

988: Suicide Hotline (US & Canada)

911: Emergency Help

(800) 222-1222: Poison Control

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