

Suicidality Safety Plan

Step 1: Warning signs (thoughts, feelings, bodily sensations, and/or behaviors) that an

overwhelming situation may be developing.

Step 2:	Coping skills that can help take my mind off of the situation and help me find calmness
	relaxation tools, mindfulness practices, physical activities, grounding exercises, etc.)
Step 3:	eople and social settings that provide distraction (who or where helps me take my
	nind off of stress. E.g. coffee shops, parks, friends, family members, pets, etc.)
	ame and Phone Number:
	ame and Phone Number:
	lace:
	lace:
Step 4:	eople I can contact during an overwhelming situation.
	ame and Phone Number:
	ame and Phone Number:
	ame and Phone Number:
Step 5:	rofessionals or agencies that can support me during an overwhelming situation.
	rofessional Name and Phone Number:
	rofessional Name and Phone Number:
	ocal Urgent Care Service Phone Number and Address:

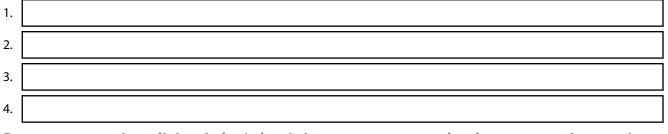
Suicide Prevention Lifeline Phone Number: 1-800-273-TALK (8255)



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Step 6: How can I ensure that my environment is safe (lock up/store medications in a secure

place, remove potentially harmful objects/weapons/guns from the home, etc.)



Step 7: Reasons to continue living (who/what is important to me, what keeps me going, etc.)

