



Suicidality Safety Plan

Step 1: Warning signs (thoughts, feelings, bodily sensations, and/or behaviors) that an overwhelming situation may be developing.

1.
2.
3.
4.

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.)

1.
2.
3.
4.

Step 3: People and social settings that provide distraction (who or where helps me take my mind off of stress. E.g. coffee shops, parks, friends, family members, pets, etc.)

Name and Phone Number:

Name and Phone Number:

Place:

Place:

Step 4: People I can contact during an overwhelming situation.

Name and Phone Number:

Name and Phone Number:

Name and Phone Number:

Step 5: Professionals or agencies that can support me during an overwhelming situation.

Professional Name and Phone Number:

Professional Name and Phone Number:

Local Urgent Care Service Phone Number and Address:

Suicide Prevention Lifeline Phone Number:



Suicidality Safety Plan

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.)

1.
2.
3.
4.

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

1.
2.
3.
4.