

# SAFETY PLANNING

It is important to create a Safety Plan that lists warning signs and steps you can take in case suicidal thoughts return. If you have a smart phone, there are apps to create your own safety plan, such as *Suicide Safety Plan* and *Virtual Hope Box*. You can also print out a template at [suicidepreventionlifeline.org](http://suicidepreventionlifeline.org) or use the one on the back/next page.

**Step 1: Self-Awareness.** Thoughts, feelings, or behaviors that indicate you're in a bad place emotionally or becoming dangerous to yourself (such as an anniversary of a loss or relationship stress).

**Step 2: Action.** Things you can do to take care of yourself or distract yourself from negative feelings or thoughts (relaxation, physical activity, visit your hope box).

**Step 3: Friendly People.** People and places that help you to feel safe, stay connected, or that can provide a healthy distraction.

**Step 4: Emotional Support.** Names and contact information of friends or relatives you can ask for help from when suicidal thoughts do not go away.

**Step 5: Turn to Professionals.** When nothing else seems to be helping, you can contact counselors, doctors, or agencies, including the National Suicide Prevention Lifeline 800-273-TALK (8255), Crisis Text Line (741741) or RemedyLIVE (494949).

**Step 6: Reasons to Live/I Can Get Through This:** If you find you are unable or unwilling to follow these steps, you can remind yourself of things that bring you hope and/or are reasons to go on living.

**Step 7: Remove risky items.** In order to be safe during a crisis, you need to remove or reduce your access to things that can be used to end your life. Ask friends or loved ones to help with this step.



Additional resources include:

- **Wellness Recovery Action Plan (WRAP) classes**  
Contact Mental Health America at 260-422-6441
- **Now Matters Now website:** [www.nowmattersnow.org](http://www.nowmattersnow.org)

For more information about suicide prevention and awareness visit  
Stop Suicide Northeast Indiana at [stopsuicidenow.org](http://stopsuicidenow.org)

# My Plan To Keep On Living (Safety Plan)



## Self-awareness:

These thoughts / feelings / behaviors tell me I'm in a bad place emotionally, or becoming dangerous to myself:

## Action:

When I notice this happening, I will take care of myself by doing these things:

## Friendly people and places:

I will go to these people or places to stay connected, or to distract myself (include contact info):

## Emotional support:

I will share my feelings with these friends or relatives, and I will ask them for help (include contact info):

## Turn to professionals:

When nothing else seems to be helping, I will call on these professionals (include contact info):

## yes! I can get through this:

If I find myself unable or unwilling to follow these steps, I will remind myself of these reasons for living:

I need to remove these things from my home to keep me safe from suicide:

National Suicide Prevention Lifeline: **1-800-273-8255**  
or Crisis Text Line: **Text IN to 741741**

Adapted from Macomb County Suicide Prevention Coalition's Holding on to Life toolkit ([www.mcspc.org](http://www.mcspc.org)).