

# 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**