BACK ONSIDE

SUICIDE SAFETY PLAN

If you are struggling with suicidal thoughts, fill out the form below and take the safety plan steps one at a time until you are safe.

Remember : Feeling suicidal is the result of experiencing extreme pain and not having the resources to cope. We therefore need to reduce pain and increase coping resources.

STEP 1: MY WARNING SIGNS

(thoughts, images, mood, behaviour, situation):

STEP 2: GETTING THROUGH RIGHT NOW

What do I need to do to reduce the risk of me acting on the suicidal thoughts?

STEP 3: MAKING MY CURRENT SITUATION SAFER

What have I done in the past that helped? What ways of coping do I have? What can I do to distract me and take my mind off my problems?

STEP 4: CALMING MY MOOD

What can I tell myself as an alternative to the dark/negative thoughts?

STEP 5: CREATING A SAFE SPACE

What do I need to do to make my environment safe?

These feelings will pass.

STEP 6: PEOPLE TO SUPPORT ME:

What could others do to help?

_____

List who you can talk to if you are distressed or thinking about self-harm or suicide:

- _____
- _____
- _____

STEP 7: MY REASONS

List 2 of the most important reasons for living:

1. _____

2. _____

Emergency professional support: