
My Safety Plan

Write it while you're relatively calm, ideally with someone you trust or a professional. Keep it where you can see it. (Chapter 14)

1. My warning signs (thoughts, feelings or situations that usually come before a crisis)

2. Things I can do on my own to get through a few more minutes

3. People and places that take my mind off things

4. People I can ask for help (names and numbers)

5. Professionals and helplines

- Doctor or therapist: _____

- Crisis line: _____
- Emergency number: _____
- Nearest emergency department: _____

6. Making my surroundings safer (what I need to put away or ask someone to keep, and who will help)

7. Reasons to live

When the warning signs appear, start at step 2. If you're in danger, go straight to step 5.