

my safety plan instructions

illustrations by Rachel, Dakota High School



1. Self-awareness: Everybody has feelings, behaviors or thoughts that signal that an emotional crisis is coming. Think about what yours are, and write them down.

2. Action: When you start to notice the presence of these feelings, behaviors or thoughts, what are some healthy things you can do to take care of yourself? **Some examples are:**

- hobbies / exercise / go outside
- journal / meditation / prayer
- read / TV / music
- eat / bathe / shower / self-care
- draw / create / dance / sing
- what has helped in the past



3. Friendly People/Places: If you are not able to help yourself feel better with the strategies above, who can help you to stay connected, or distract you from the crisis? It helps to recognize that some people who are not able to be emotionally supportive in a crisis (including children) may still be great distractions. If not a specific person, perhaps there is a place (store, coffee shop, church, gym, etc.) where you can be around people.

4. Emotional Support:

- If the crisis is still not relieved, who can you share these troubling feelings with and ask for emotional support?
- A crisis center may be a support (800-273-8255).
- Include people who can help you stay safe.



5. Turn to Professionals: If you have tried all of the steps above and continue to feel suicidal, which professionals will you turn to? (therapist, doctor, hospital, or the National Suicide Prevention Hotline: 1-800-273-8255)

6. Yes - I can get through this! Write down the things that inspire you to stay safe and alive. Remind yourself that dark moods will pass and that YOU are worth the time and effort it takes to fill out, and follow, this Safety Plan.



My Safety Plan was developed by the Macomb County Suicide Prevention Coalition.

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:

National Suicide Prevention Lifeline: **1-800-273-8255**

find more info about tools and tips for dealing with distress at www.knowresolve.org