

MY SAFETY PLAN



A safety plan can help keep you safe if you are feeling overwhelmed and/or having suicidal thoughts. Making a plan will help both you and your loved ones better understand you and what they can do to help. Make sure to share this plan with them so they can support you.

Warning signs that tell me I'm starting to get overwhelmed:



THOUGHTS

e.g. thinking negative thoughts or ways to harm yourself



FEELINGS

e.g. hopelessness, shameful, unmotivated



BODY SENSATIONS

e.g. tight chest, racing heart



BEHAVIOURS

e.g. unsocial, pacing, sleeping more than usual

Things that trigger me

Things that can influence my warning signs:

Safer surroundings

Some of the things I can do to help make my environment safer:

Getting support

How I can tell someone I need help:

The person I will contact for help is:

Contact Number:

