

Safety Plan for Possible Suicidal Individuals

Triggers: When these things happen, I am more likely to feel unsafe:

Internal Thoughts / Warning Signs: Things I may notice just before I feel unsafe or upset:

Other Warning Signs: Things other people may notice just before I feel upset or unsafe:

Coping Skills for the Moment: Things that help me calm down or stay safe during crisis:

Healthy Habits to Maintain Safety: Things that I can do daily to stay safe:

Things that Make me Feel Worse: Things that DO NOT help me calm down or stay safe:

Practical Ways to Ensure Safety: Remove sharp objects, weapons, alcohol/meds, decrease isolation.

Safety Plan for Possible Suicidal Individuals (cont.)

When I notice triggers or warning signs, I will DO the following things to prevent getting worse:

When I notice triggers or warning signs, I will CALL/CONTACT the following people:

When OTHER PEOPLE notice I am getting upset, I would like them to:

If I am experiencing a crisis, I would like the following plan to be followed:

By signing below, all parties involved agree to follow this safety plan to the best of their abilities.

(Patient) (Date)

(Parents/Guardians) (Date)

(Pastor – if applicable) (Date)

