

SAFETY PLAN

A safety plan can help keep you safe if you are feeling overwhelmed and having thoughts of ending your life. Making a plan like this can help you understand yourself better, keeping you safer. It's important to share this plan with your support people so they can help you. If your needs or warning signs change, revise your safety plan with your caregivers or professional support people.

Who are the people or animals I live for?

What are other things I have to live for?

Warning Signs: What are my warning signs that tell me I'm starting to get overwhelmed?

Thoughts

Emotions

Body sensations

Behaviors

If people notice any of my warning signs, they can help by:

Internal Coping Strategies: How can I manage my triggers or things that set me off?

Healthy Distractions: Who are the safe people that I can call/hangout with or where can I go that will take my mind off of the problem?

People for Support and Help: Who are the main people that I can turn to for support if I am overwhelmed? People to whom I can say, "Hey, I'm not feeling good right now, I really need someone to talk to. I don't need advice. I just need you to listen. Can we talk?"

Making the Environment Safe: How can I make my surroundings safe? (remove things, go to a safer space)

Professionals and Agencies: If no one is available, who can I call during a suicidal crisis?

- Suicide and Crisis Lifeline
 - Call or text 988
- Colorado Crisis Services
 - Call 1-844-493-TALK (8255)
 - Text TALK to 38255
- Trevor Project Hotline
 - Call 1-866-488-7386
 - Text Start to 678678
- 911

Follow up phone call

Name:

Phone number:

