Safety Plan

STEP 1: Identify triggers and red flags

What are the warning signs (thoughts, moods, images, behaviors) that signal that you are becoming upset or distressed, or may begin to have suicidal thoughts?

STEP 2: Coping skills

What can you do to distract yourself from negative thoughts, or productively try to solve the problem that is currently bothering you? What obstacles might interfere with your ability to cope with negative feelings?

STEP 3: Find Social Support

List people you can contact when you’ve become overwhelmed by negative feelings, and need some additional support.

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| --- | --- |
| NAME  | PHONE NUMBER |
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STEP 4: Contact health professionals and agencies

Contact local health professionals or emergency services if you continue to have suicidal thoughts or serious distress.

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| Local emergency number |  |
| Local agency or professional |  |
| Suicide hotline | 1-800-SUICIDE 1-800-273-TALK1-800-4889 (for deaf or hard of hearing)  |