

Safety Plan

Step 1: Warning Signs

Recognising warning signs that signal that you need to find help: Identify specific thoughts, feelings, situations and behaviours that may predict a crisis. Examples include: feeling that emotional pain will never end, having persistent thoughts that others would be better off without you.

Step 2: Ways I Can Cope

What can you do by yourself to take your mind off the problem? This allows time to pass and for the impulses to subside. Simple, engrossing activities can be surprisingly helpful. Examples include listening to calming music, exercising, going for a walk or playing a musical instrument.

Step 3: Important Contacts

If you are unable to deal with your distressed mood alone, contact trusted family or friends, and think of social settings that offer support as well as distraction from the crisis.

Name: _____ Phone number: _____
Name: _____ Phone number: _____
Name: _____ Phone number: _____

Places that provides distraction: _____

Step 4: Contact Services

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

Emergency – Phone: **000**

Lifeline: **13 11 14**

Local Hospital:

Step 5: Minimize Harm

Make sure that access to any deadly means of self-harm are minimized. The strongest of suicidal feelings typically last only a brief period. If it is more difficult to act during these periods, there is a good chance that the suicidal feelings will subside.

What is most important to me and worth living for

