

Suicidal Thoughts: Safety Plan Worksheet

Whenever you feel that you might be headed towards attempting suicide, please take out the safety plan and follow it.

One thing worth living for: _____

Step 1: Warning Signs: I am heading towards the verge of a mental breakdown (I need to follow the safety Plan)

- 1.
- 2.
- 3.

Step 2: Internal coping Strategies: (My strengths to distract myself and fight the crises

- 1.
- 2.
- 3.

Step 3: Social Support that can help me with distraction

Contact person 1:

Name: _____

Phone no: _____

Contact person 2:

Name: _____

Phone no: _____

Step 4: People to call for help:

Contact person 1:

Name: _____

Phone no: _____

Contact person 2:

Name: _____

Phone no: _____

Step 5: Professional Help/Agency/Hospital

Contact person 1:

Name: _____

Phone no: _____

Place: _____

Contact person 2:

Name: _____

Phone no: _____

Place: _____

Step 6: Make the environment safe: Get rid of any tools that can self-harm