

Safety Plan

This is a personal safety plan you can work on as a way to cope when you are having thoughts of suicide or self-harm. You can print it out, or write your ideas on a piece of paper, then place it in a safe place you will remember. If you are beginning to feel that you are having thoughts of harming yourself or suicide you read what you have written now, and it may help in a time of need.

Step 1: What are some things that you can recognize in yourself which can remind you to use this safety plan? For example, any thoughts, emotions, or behaviors that may be a warning that a crisis is developing.

Examples: racing thoughts, feeling hopeless, feeling sad, feeling depressed, thoughts of cutting, stressful events

Step 2. What can you do to make sure that your environment is safe?

Examples: removing any weapons, pills or other objects which could pose a health or safety risk, holding a soft or harmless object to keep hands busy.

Step 3. What are some internal coping strategies that you can use?

Examples: meditate, exercise, listen to music, watch a movie/tv show/youtube, writing, etc.

Step 4. Who are some people that you know or organizations you can call to either talk about this with you, or distract you?

Examples: LGBT National Help Center, Suicide Prevention Lifeline, Emergency services, 911, therapist, school counselor, teacher, trusted friends or family members.

Example Suicide Hotline 1-800-SUICIDE		
Example: LGBT National Hotline 1-888-843-4564		
Example: Trevor Project 866-488-7386		

Step 5: Where are some safe places that you can go to either to get help or distract you?

Examples: Distracting safe places: a local coffee shop, library, local mall, taking a walk (in a safe place at a safe time) **Places to get help:** local LGBT community center, support group, social group, etc.
