

## **Suicide SAFETY PLAN**

**THIS IS A SAMPLE/LEGAL ADVICE IS NOT BEING GIVEN/THESE ARE SUGGESTIONS**

**What I Can Do to Calm/Comfort Myself If I Am Feeling Suicidal: Create a list for yourself of activities that are soothing to you when you are upset. Examples: Taking a hot bath, listening to music, exercising**

**What Are My Reasons for Living? Create a list of your reasons for living. Examples: My children, my spouse, my faith in God**

**Who Can I Talk To? Keep a list of contacts you can talk to if you are unable to distract yourself with self-help measures. Examples: Your significant other, friends, relatives, pastor**

**Who Can I Talk To If I Need Professional Assistance? Create a list of all professional resources available to you. Examples: Your psychiatrist, your therapist, a crisis hotline**

**How Can I Make My Environment Safe? Plan what steps you can take to make yourself safe. Examples: "When I am feeling suicidal, I will ask my brother to keep my guns at his house." Or: "When I feel like hurting myself, I will go to a public place, like a mall, restaurant or library to distract myself."**

**What To Do If I Am Still Not Feeling Safe:**