



Personalized Suicide Safety & Survival Plan

A step-by-step plan for engaging hope and healing

Your personalized Safety & Survival Plan is your prioritized and documented list of coping strategies, social connections, and life-affirming resources. The development of your plan will likely be a therapeutic exercise. It will help you **identify and remind yourself of your personal strengths, purpose, support system, and coping skills** before, during, and after times of suicidal ideation. Once you have defined your Safety & Survival Plan, **keep it with you** and refer to it in times of crisis or extreme emotional pain. Give a copy to each of your identified support network connections so that they can provide you the best support when you need it the most.

MY NAME IS _____ . I CAN ALWAYS CALL 1-800-273-TALK (8255).

THE 1, 2, or 3 THINGS THAT ARE MOST IMPORTANT TO ME (Ex: children, pet, parents, friend, career, grades, hobbies, etc.)

MY PERSONAL "CRISIS" AND "TRIGGER" WARNING SIGNS OF BECOMING OVERWHELMED AND OUT OF CONTROL (Ex: extreme feelings and emotions, self-harming thoughts, isolating behaviors, hurtful or major loss events, anger or depressive mood)

DISTRACTION (COPING) TECHNIQUES THAT WORK BEST FOR ME WHEN I AM ALONE (Ex: exercise, journaling, playing with my pet, etc.)

DISTRACTION (COPING) TECHNIQUES THAT WORK BEST FOR ME WHEN I AM WITH SOMEONE FROM MY SUPPORT NETWORK (Ex: review my Safety & Survival Plan, talk, watch a movie, etc.)

THE SAFEST ENVIRONMENT(S) FOR ME TO BE DURING MY TIMES OF CRISIS (Ex: with my best friend, at the beach, at my therapist office, etc.)

MY SUPPORT NETWORK CONTACTS (Ex: the people I trust most to help me – friend, family, therapist, clergy, co-worker, helpline, etc.)

name _____	phone _____	best time to call _____
name _____	phone _____	best time to call _____
name _____	phone _____	best time to call _____
name _____	phone _____	best time to call _____
name _____	phone _____	best time to call _____

TO MAKE MY ENVIRONMENT SAFE, I MUST (Ex: be honest about my thoughts and feelings, remove all firearms, rope, and/or blades from my home, only take medications as prescribed to me, etc.)

WHAT MY SUPPORT CONTACTS CAN SAY OR DO TO HELP ME MOST (Ex: stay calm, remain with me, ask for assistance from others on my contact list, listen without judgment, share positive affirmations that I will get through this and be okay, etc.)
