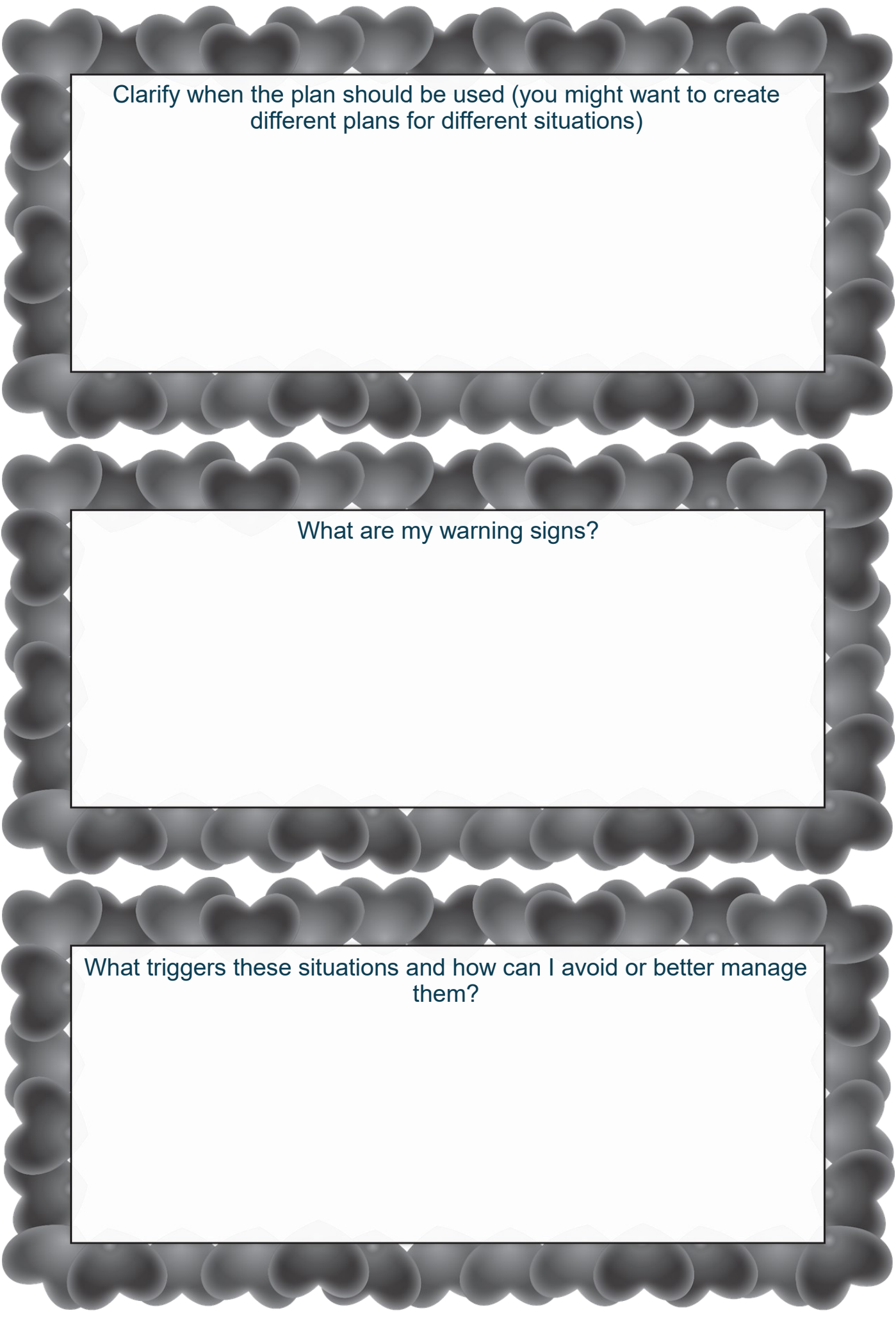


Safety Plan





Clarify when the plan should be used (you might want to create different plans for different situations)

What are my warning signs?

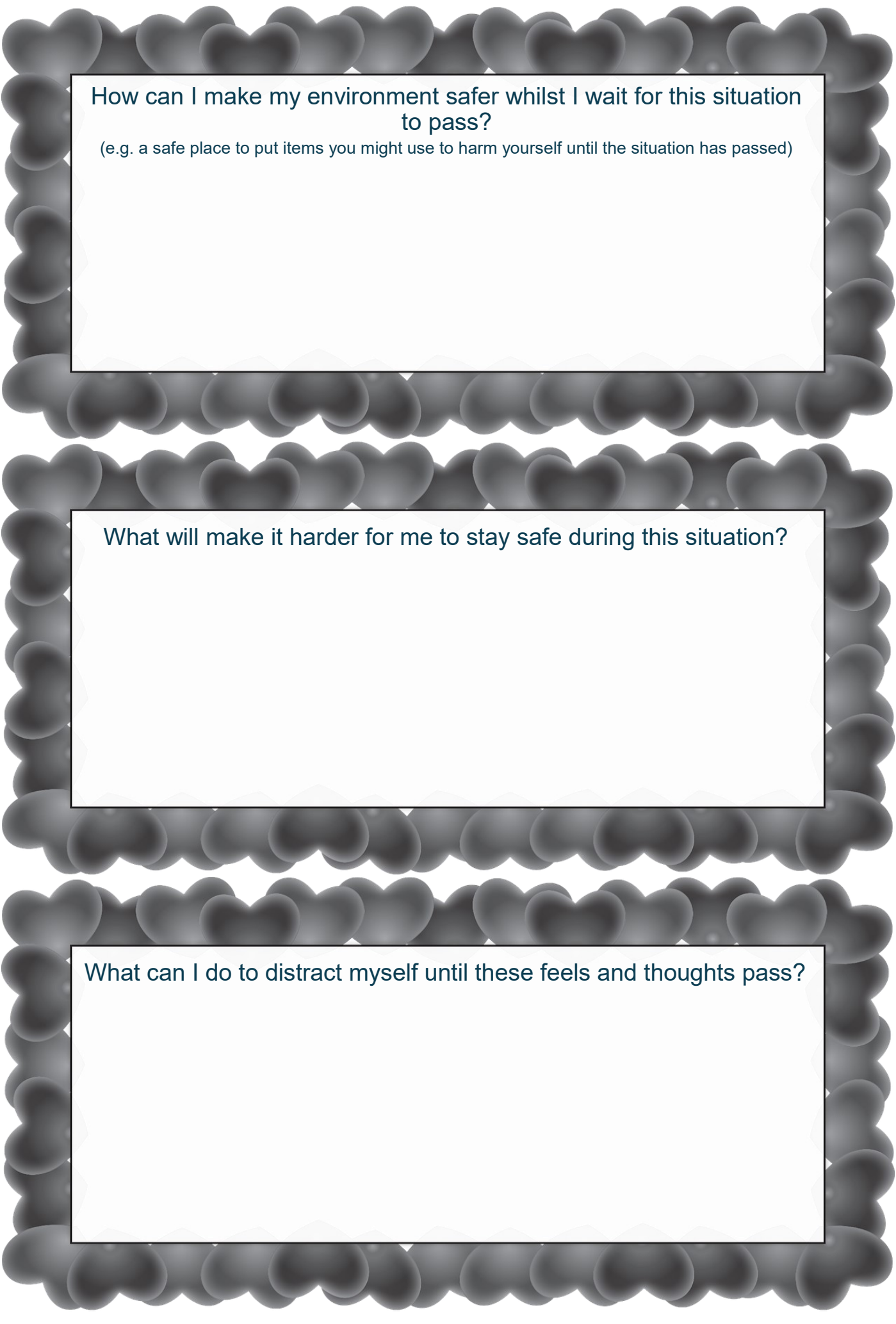
What triggers these situations and how can I avoid or better manage them?

Where's a safe place I can go?



What things make me feel worse that I should avoid?

What would I say to someone else who was in a similar situation to support them?



How can I make my environment safer whilst I wait for this situation to pass?

(e.g. a safe place to put items you might use to harm yourself until the situation has passed)

What will make it harder for me to stay safe during this situation?

What can I do to distract myself until these feels and thoughts pass?

Who can I reach out to for help?

(visit www.unwantedlife.me/global-crisis-lines for global support options you can add here)

✕ Family/Friend:

✕ Crisis Helpline:

✕ Family/Friend:

✕ Crisis Helpline:

Where's my nearest A&E/ER department and how could I get there?


What positive thoughts and feelings could I try focusing on?



What strengths do I have as a person and how might these keep me safe?

What positive things do people who care about me say about me?

What has helped in the past when I've experienced something similar?



What relaxation techniques might help me?
(e.g. breathing exercise or meditation)

What positive memories could I focus on?

What activities will help perk me up?
(e.g. playing video games, engaging in your hobby, going to the gym, etc.)

You Are Loved

You Have Value

You Are Wanted

You Matter

Don't Give Up