

## Safety Plan – Suicide Prevention

### STEP 1: KNOW WHEN TO FIND HELP

What are the warning signs when you begin thinking of suicide or when you feel very distressed? These can include thoughts, moods, images, or behaviours.

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### STEP 2: COPING SKILLS

What can you do by yourself to take your mind off the problem? Or to help you manage these thoughts and urges?

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### STEP 3: CALL TWO OF THESE PEOPLE

If you are unable to deal with your stress / distress alone, contact 2 of these people that you have let know you are going through a suicidal period.

**NAME:** **PHONE NUMBER:**

**NAME:** **PHONE NUMBER:**

**NAME:** **PHONE NUMBER:**

### STEP 4: CONTACT PROFESSIONALS AND AGENCIES

Contact local professionals or emergency services if you continue to have suicidal thoughts and don't feel safe.

#### Contact Lifeline

**24 Hour Emotional Support line:**

Hospital Emergency

**Telephone number:**

Emergency: Police/Ambulance/Rescue/Fire

**Telephone: 000, or 911, or 999**