

My SAFETY PLAN

FOR SUICIDE & SELF-HARM

This plan is for when life feels overwhelming and I may be thinking about suicide or self-harm.
It is a plan to help me stay safe and get the support I need.
I deserve to be safe. I deserve to be here. 

You matter.
You are not alone.
This moment won't last forever.



1 Warning Signs

THINGS THAT TELL ME I MIGHT BE STRUGGLING

- ☐ Feeling hopeless or empty
- ☐ Withdrawing from others
- ☐ Increased sadness, anxiety, or anger
- ☐ Changes in sleep or eating
- ☐ Having thoughts about death or self-harm
- ☐ Other: _____

2 Internal Coping Strategies

THINGS I CAN DO ON MY OWN TO FEEL BETTER

-  Deep breathing / mindfulness
-  Listen to music
-  Journal my thoughts
-  Exercise or movement
-  Do something creative

Other: _____

3 People I Can Contact

PEOPLE I CAN REACH OUT TO FOR SUPPORT

-  Name: _____
Phone/Text: _____
-  Name: _____
Phone/Text: _____
-  Name: _____
Phone/Text: _____

4 Professionals & Agencies

PEOPLE I CAN CONTACT FOR HELP

-  Therapist/Counselor: _____
Phone: _____
-  Psychiatrist/Doctor: _____
Phone: _____
-  Crisis Text Line: Text HOME to 741741
-  988 Suicide & Crisis Lifeline: Call or Text 988
-  The Trevor Project: 1-866-488-7386 (LGBTQ+)
Text START to 678678 or Chat at TheTrevorProject.org
-  Local Emergency Services: 911
-  Other: _____

5 Making My Environment Safer

THINGS I CAN DO TO REDUCE RISK

- ☐ Remove or limit access to things I could use to harm myself
- ☐ Ask someone I trust to help keep me safe
- ☐ Stay in a safe space
- ☐ Avoid alcohol or drugs
- ☐ Other: _____

6 Reasons to Keep Going

REMINDERS OF WHY LIFE IS WORTH LIVING

- ♥ _____
- ♥ _____
- ♥ _____
- ♥ _____
- ♥ _____

7 My Commitment

I PROMISE TO USE THIS PLAN AND REACH OUT FOR HELP.



*I am strong. I am loved. I am not alone.
This moment is temporary.
My story is not over.* 

Signed: _____

Date: _____



IT'S OKAY TO ASK FOR HELP. YOU DESERVE SUPPORT.
YOU ARE IMPORTANT, AND YOUR LIFE MATTERS.



KALEIDOSCOPE
COUNSELING

Finding clarity through life's changing patterns.