



## **Suicidal Safety Plan**

### **1. Actions I know will calm myself, tools I choose to use:**

Deep breathing	Stretch my body
Exercise	Cook a healthy meal
Pet my animal	Eat whole fruits/vegetables
Drink 16 ounces of clean water	Create something
Yoga	Take a nap
Meditation	Write in my journal
Mantras	Write what I am grateful for
Watch funny videos	Have I taken my medication as prescribed?

### **2. Mantras:**

I value my life and others value me	I make healthy choices
I have a network of support	I am improving
I am becoming healthier all the time	I am focused on divine love
I have answers	I trust myself
I know where to go for help	I know how to take great care of me
I take great care of my mind, body, and soul	

**3. My valuable reasons to stay alive:**

Family (include names and relationships) example: My nephew Mark, My aunt Julie, My mom Shiela...

Friends (include names)

Animals

Co-workers (include names and relationships) My Boss Amy, My secretary Frank....

Neighbors (include names)

**4. Two people I will call when I am feeling suicidal or thinking suicidal thoughts:**

Name:

Name:

Phone:

Phone:

**5. I will call a care provider (psychologist, psychiatrist, therapist) when I need them:**

Name:

Name:

Phone:

Phone:

**6. My local suicide crisis line phone number and national number:**

Phone:

1-800-273-TALK

**7. Places I can go where I am safe:**

Friend's house (Name and address)

Library

Mental Health Center (Name and address)

The gym or recreation center

**8. I commit to go to the Emergency Room at the nearest hospital when I need to. If I can't make it there safely I will call 911 for transportation.**