



Suicidal Safety Plan

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

2. Mantras:

3. My valuable reasons to stay alive:

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:

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.

*Attempted Suicide Help, and the creator of ASH, is not responsible for any thoughts or actions you, or your loved one may have, or not have after, completing this safety plan. This template is an example of many you can find on the internet and is meant as a tool. It was created out of concern and love for all humans who face suicidal ideation.