



# PERSONAL SAFETY PLAN

Fill out this plan as safety precaution if you begin to feel really low. If you are having thoughts of hurting yourself or taking your life follow the steps you've laid out below. Follow through the steps until you feel you are safe.

Step 1 – Do these activities to calm/comfort/relax yourself.

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Step 2 – Think about these reasons for living.

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Step 3 – Call a friend or family member:

Name:

Phone:

Name:

Phone:

Step 4 – Call a healthcare provider (Therapist, Case Worker, Psychiatrist)

Name:

Phone:

Step 5 – Call the Suicide Hotline:

Step 6 – Bring yourself somewhere safe

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Step 7 – Go to the Emergency Room or nearest hospital

Step 8 – If I can't get to the hospital, call 911 and someone will take me to the hospital safely.