

# Safety Plan

**A safety plan is a tool to help you stay safe when you have thoughts of suicide, feel overwhelmed or in distress.**

The plan helps you to make sense of and understand your thoughts and behaviours. What can help when you are feeling distressed, and can identify the things that you and others can do to support you.

**Signs I am struggling**



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**Things I can do to take my mind off the problem**



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**Reasons to live**



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**People I can ask for help during a crisis**



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**Places where I feel safe**



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**What do I need to do to make my environment safe....**



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.....

# Safety Plan

Examples below

## Signs I am struggling



Thoughts, images, moods, situations or behaviours indicating to you that a crisis may be developing?

## Things I can do to take my mind of the problem



What are some of the things that you can do on your own to help you not act on thoughts/ urges to harm yourself?

## Reasons to live



Things or people that are important to you and worth living for.

## People I can ask for help during a crisis



Numbers of friends, family, professionals or other resources you can contact during a crisis.

## Places where I feel safe



What healthy social settings can help take your mind of things?

## What do I need to do to make my environment safe....



Any notes that may be helpful to you during a crisis.

## Mindful breathing

Through deep focused breaths, the powerful connection between mind, body and soul can encourage the body to release tension, stress and relax. Try this technique below:

Breathe in  
for 4 seconds

Hold for 2

Breathe out  
for 6

And repeat...

If you are really struggling to cope, or feel overwhelmed by difficult feelings or thoughts of suicide, then reach out for professional help. It's OK to ask for more support to see you through this difficult time.