

SAFETY PLAN
SHORT VERSION

Name three people you could call if you experience intense thoughts of suicide:

Name	Phone Number

Name 10 things you would do, one after the other, to distract your attention from thoughts of suicide and to feel safe again. *Some examples are provided at the bottom of the table.*

Think about which activities help you the most:

- **Distracting your attention** from thoughts (e.g., doing a jigsaw puzzle, watching a movie);
- **Helping you leave the situation** you are currently in (e.g., going out to a café or your workshop);
- **Helping you express your feelings** (e.g., writing a letter, creative work) or **providing comfort and peace** (e.g., taking a bath, playing with a pet).

Try to include a variety of activities in your list.

My 10 Steps to Safety

1.	
2.	
3.	
4.	
5.	
6.	

7.	
8.	
9.	
10.	

Examples:

1. I will go to the café near my house called **[name]**.
2. I will rewatch **[name of favorite movie]**.
3. I will write without any self-censorship for half an hour about how I feel, and then I will read and rip up the written pages.
4. I will write a letter to the person I am angriest at, and then I will decide whether to send or destroy the letter.
5. I will write a letter to a person I am grateful to, and then I will decide whether to send or destroy the letter.
6. I will take my dog, **[name]**, out for a walk.
7. I will create a collage out of old magazine clippings.
8. I will go to my workshop, take apart, and reassemble the toaster.
9. I will leave the house and walk until I reach **[number]** steps / kilometers.
10. I will put together a 500-piece jigsaw puzzle.
11. I will go to the sports court **[which one / where]** to shoot some hoops.
12. I will cook a delicious meal and invite **[names of loved ones]** over.
13. I will drop everything and leave for **[location]**.