

SAFETY PLAN

LONG VERSION

1. What are my crisis warning signs?

This could include specific situations, emerging images or thoughts, a characteristic mood, behavior, or other signs.

2. Whom can I call if I experience intense thoughts of suicide?

Loved one: _____ Phone No. _____

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Specialist: _____ Phone No. _____

Helpline: _____ Phone No. _____

3. What can I do to distract/redirect my thoughts? Name at least 5 things.

4. What makes me feel worse and should therefore be avoided? Name at least 5 things.

5. Where can I go to feel safe? Name at least 3 places.

6. What makes my life worth living? Name at least 3 things.

7. What would I say to another person in a similar situation?

8. Any other valuable thoughts and ideas.

9. What will I do if the intense thoughts of suicide do not pass?

- I will call 112.
- I will go to the nearest hospital's emergency room.

Address: _____