



Sample Safety Plan Worksheet

1. Recognize Your Warning Signs

What feelings, thoughts, or behaviors indicate you might be feeling low or thinking about suicide? List them below.

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2. Self-Soothe and Distract

List activities you can do on your own to help soothe or distract yourself - like listening to your favorite song, drawing, or playing a video game.

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3. Connect with People

Who are three people you can talk to when you're feeling down?

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|------------|------------|------------|
| • Name: | • Name: | • Name: |
| • Phone #: | • Phone #: | • Phone #: |



4. Safe Environments

Identify safe places you can go when you're feeling overwhelmed, and how you can get there.

- Place:
- How I can get there (walk, bus, drive):

- Place:
- How I can get there:

- Place:
- How I can get there:

5. Professional Help

Write down the contact information for your counselor or a local mental health service.

- Name:
- Phone Number:

6. Make a Commitment

Write a statement promising to stick to this plan and keep yourself safe
