

# Safety Plan

Name: John Jane Citizen

Date:

## MY REASONS FOR LIVING

*When you're feeling suicidal, it's easy to forget about the good things in life. Thinking about these things can help you manage until the feelings pass. Write down things that make you want to live - big or small!*

## WHAT KEEPS ME WELL?

*Things that are important for your wellbeing and recovery*

## TRIGGERS

*Triggers can be events, places, anniversaries or situations that make us stressed or emotional. Being aware of triggers can help those working with you*

## WARNING SIGNS

*Warning signs are changes that let you and others know you're becoming distressed. Knowing your warning signs can help you act early. What are your warning signs?*

*Thoughts / what I am thinking*

*Feelings / how I feel*

*Actions / Behaviours*

*What might other people notice when you are distressed?*

## WHAT I CAN DO?

*What strategies/ distractions/ Activities are helpful when you are becoming **distressed**?*

*What strategies/ distractions/ Activities are helpful when you are in **crisis**?*

## IMMEDIATE SAFETY

### HOW CAN I KEEP SAFE?

*It's important to make your space as safe as you can. Get rid of stuff that could be used to end your life. (remove access to medications, sharps etc.)*

### WHAT I NEED OTHERS TO DO?

*People and places you trust can help you stay safe and feel better. What do others need to do to help keep you safe?*

Who do you want to have a copy of this plan? (family, friend, professional)

Name:

Contact:

Name:

Contact:

Name:

Contact:

## CRISIS LINES AND RESOURCES

ACCESS mental health 1800 629 354  
Lifeline 13 11 14

**Emergency Services 000**  
13 YARN 13 92 76

Suicide Callback Service 1300 659 467  
Beyondblue 1300 22 4636

Open Arms 1800 011 046  
KidsHelpline 1800 55 1800



**Beyond Now**

Planning your way to safety

