



# How to make a Suicide Safety Plan



A suicide safety plan can play a vital role in keeping you safe when you're feeling distressed or suicidal. It can also be a way for you, or your loved ones supporting you, to plan how to communicate or check-in with each other going forwards.

## Tips for creating a Suicide Safety Plan

Work with a trusted family member or friend, or a professional to develop a suicide safety plan. It is helpful to involve important people around you, as they need to know how best to care for you and keep you safe if you're feeling suicidal.



Try to find a time when you're feeling well, calm and clear-headed, rather than when you're suicidal or distressed.

Write your safety plan down and keep it in a place where you can easily find it when you need it.

## Your Suicide Safety Plan should include:

Information about when to use the plan. List the kinds of situations, thoughts, feelings or other warning signs that may lead to you feeling suicidal.

A list of things that you can do that help you feel calm and comforted. Think of soothing, calming activities that you can employ when you're feeling suicidal.

A list of all your reasons for living. It can be helpful to refer to this list when you're feeling suicidal, as you can lose focus on the positive aspects of your life and concentrate only on the pain you're experiencing. Your list can remind you of these positives you may have forgotten.

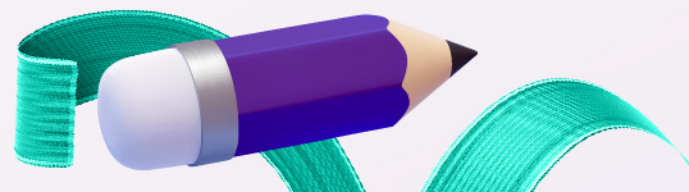
People you can talk to when you're feeling suicidal. Include their names and contact details, and make sure you have back ups.

Professionals who you can talk to if you need to, again including their names and up-to-date contact details.

A plan of how you can make your environment safe. Think about items you might be likely to use to hurt yourself, and detail how you can remove or secure them. Your plan may also include avoiding things you know make you feel worse.

Emergency contact details that you can use if you are still feeling unsafe. List the name and address of your nearest emergency department or crisis helpline.

Make a commitment to your safety plan. This means promising yourself that you will implement your plan if you need to. The commitment could also involve promising (out loud) to a family member, friend or professional that you will follow your plan.







# **Suicide Safety Plan**

***My Distractions***

***My Safety Support***

***My Safety***

***My Stay Safe Rules***

***My Reasons for Living***

***My Visual Prompts***

## My Safety Support:

If things get too much and I can't distract myself with self help in my Safety Plan, these people can be contacted and I know they will be there for me.

Name:

Name:

Contact Number

Contact Number

## My Distractions:

If I am having bad thoughts or I feel very down, here is a list of things that can distract me.

1.

2.

3.

4.

## My Safety:

If I don't feel safe now and I feel at risk, how can I get myself into a safer environment?

1.

2.

3.

4.

## My Stay Safe Rules:

My thoughts may have subsided, but it's important I stay with someone for now to give me support. These people will help.

1.

2.

3.

4.

# My Visual Prompts

Here are some visual prompts (pictures, drawings, art, song lyrics, poems, colours, quotes) to help keep me calm.



# A list of my Reasons for Living

It will refer to this list when I'm feeling down or suicidal, it will remind me to focus on positive things that I may have forgotten, it will give me hope and remind me I do have purpose and I do matter.



A series of 18 horizontal grey bars, stacked vertically, intended for writing a list of reasons for living. The bars are separated by thin white lines. A teal decorative wave is visible at the bottom of the page.





# Remember...

If after trying all of the above distractions and it hasn't helped you, and you still feel down or have thoughts of suicide, please call someone from your contact list and tell them you need help.

**Or call a counsellor at SADAG**

**0800 567 567**

**(24 hours, 7 days a week)**

**SMS 31393**

**and a counsellor will call you back**

**There is always help**  
– you are not alone!

