



# Safety Plan



Using a safety plan can help us reduce self harm thoughts

What are some triggers that have caused you to think about harming yourself?  
These can include feelings, behaviors, and thoughts

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My Reasons to Live are:

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What are some things that can help distract or take your mind off of the above triggers?  
Think about things that truly put you in a healthier mindset and make you feel better on a regular basis.

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If you continue to struggle with the triggers and feel no relief from the aformentioned coping strategies, who are some family or friends that you feel the safest contacting for support?  
List their names, relationship, and phone number:

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Local Emergency Room:

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My Therapist:

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Patient Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Crisis Hotlines:  
1800- SUICIDE  
1800-237-TALK

