

personal safety plan

This is a personal safety plan you can work on as a way to cope when you are having thoughts of suicide or self-harm. You can print it out, or write down your ideas on a piece of paper, then place it in a safe place you will remember. If you are beginning to feel you are having thoughts of self harming yourself or suicide you can read what you wrote now, and it may help in a time of need.

Step 1: What are some things that you can recognize in yourself which can remind you to use this safety plan? For example, any thoughts, emotions, or behaviors that may be a warning that a crisis is developing?

Examples: Racing thoughts, feeling hopeless, sad, depressed, or thoughts of cutting, stressful events.

Step 2. What can you do to make sure that your environment is safe?

Examples: removing any weapons, pills or other objects which could pose a health or safety risk, holding a soft or harmless object to keep hands busy.

Step 3. What are some internal coping strategies that you can use?

Examples: meditate, exercise, listen to music, watch a movie/tv show/youtube, writing, etc.

Step 4. Who are some people or organizations you know that you can call to either talk with or to distract you?

Examples: The LGBT National Hotline, Suicide Prevention Lifeline, Emergency services, 988, therapist, school counselor, trusted friend or family member.

Suicide Hotline: 1-800-SUICIDE (800-784-2433) or 988		
LGBT National Hotline: 888-843-4564		
Trevor Project: 866-488-7386		

Step 5. What are some safe places that you can go get help or to distract you?

Examples: Distracting safe place: coffee shop, library, mall, taking a walk (in a safe place/time)

Places to get help: Local LGBTQ community center, support group, social group, etc.
