

Safety plan of: _____

Step 1 Warning signs – Things that make me notice that I’m not doing well:

1. _____
2. _____
3. _____

Step 2 Do it yourself – I do this to feel less bad:

1. _____
2. _____
3. _____

Step 3 If I don’t want to be alone, I go for company and distraction to:

1. _____
2. _____
3. _____

Step 4 If I want to speak to someone about my problems, I get in touch with:

Name _____ Phone _____
Name _____ Phone _____
Name _____ Phone _____

Step 5 Aid workers or organizations that I can ask for help:

Name _____ Phone _____ Emergency number _____ Time _____
Name _____ Phone _____ Emergency number _____ Time _____
Name _____ Phone _____ Emergency number _____ Time _____
Name _____ Phone _____ Emergency number _____ Time _____

Step 6 Things I will do to secure my environment:

1. _____
2. _____

Extra questions that will help you complete the steps:

Step 1

- What makes you notice that you are not doing as well?
- Which thoughts, behavior and/or feelings do you have at that moment?

Step 2

- What can you do to reduce your bad thoughts and feelings, or in any case don't make them worse?
- What can you do to distract yourself?

Step 3

- Who can you go to for distraction and company, without having to talk about your problems?
- Which places can you go to so you won't be alone, but you don't have to interact with others? (for example a library)
- Where can you go to get away from your thoughts and feelings?

Step 4

- Who can you call or app if you want to talk about how you're doing?
- Which of your friends or relatives can help you when you're not doing well?

Step 5

- Which aid workers or organizations can you ask for help if you have tried step 1 through 4?

Step 6

- How do you make sure you are and stay safe during a crisis?
- How do you make sure that you do not have easy access to things you can use to hurt yourself?

Tip

When completing the steps, think carefully whether you will really do this at a moment of crisis.
Try to make your plan as real as possible.