

SUICIDE PREVENTION APP

my3app.org

 YOUR SAFETY PLAN

A safety plan is a written list of coping strategies and sources of support that can help you stay safe when you are having thoughts of suicide. It provides you with steps to follow to take your mind off things, and gives you a list of people to contact. You can fill this safety plan out by yourself or with a parent. If you have a therapist you can create this safety plan with them.

1. MY NETWORK (Include one professional)

Who are 3 safe people you can talk to when you have thoughts of suicide?

a.

b.

c.

2. MY WARNING SIGNS

List the top 3 signs (thoughts, moods or behaviors) that you are thinking about suicide.

a.

b.

c.

3. MY COPING STRATEGIES

List 3 activities you can do to distract you from your thoughts of suicide. Make sure that these are activities that you will really do if you are in crisis.

a.

b.

c.

4. MY DISTRACTIONS

List 3 people or places that can provide some distraction or comfort.

a.

b.

c.

5. KEEPING MYSELF SAFE

List 3 things you can do to remove harmful objects or substances from your surroundings.

a.

b.

c.

6. MY REASON TO LIVE

Complete this sentence. The one thing that is most important to me and worth living for is…