



MY SAFETY PLAN

Safety planning is a personalized, prioritized 6-step, guide designed to help reduce self-harm and suicidal behaviors.

The plan is created collaboratively with the person in distress to help them stay safe during a crisis.

The plan should be clear and concise, easy for the person in crisis to access and follow. It should be written in their own handwriting and their own words.

Samaritans' has created the following Safety Plan template utilizing the current standards and best practices.

For a step-by-step guide on how to create + implement a safety plan, go to: <https://bit.ly/Sams-Safety-Planning-Guide>

Keys to Safety Planning:

- **Plan Ahead.** Create your plan before a crisis
- **Be Realistic.** Select strategies that you are likely to use (e.g. if you tend to be in crisis at 3am, then going for a run might not be possible.)
- **Make it work for you.** Keep a copy of your plan on you accessible (a picture on your phone, a copy in your wallet, etc.)
- **Revise Your Plan As Needed.** Your plan is not set in stone. Consider what worked, what didn't and, as things evolve, update your plan.

1

Know the Sings

When I notice these thoughts, feelings or behaviors I should use my safety plan.

2

Things You Can Do on Your Own

Things I can do on my own that help me feel better: listen to music, read, exercise, journal, etc.

3

Distraction

People I can call and places I go to take my mind of things.

	<input type="text"/>		<input type="text"/>
	<input type="text"/>		<input type="text"/>
	<input type="text"/>		<input type="text"/>

4

Supportive family + friends

People I trust who I can reach out to for help.

	<input type="text"/>		<input type="text"/>
	<input type="text"/>		<input type="text"/>
	<input type="text"/>		<input type="text"/>

5

Professional Services

Samaritans Crisis Hotline: 212-673-3000

988 National Suicide Crisis Lifeline: Dial 988

Crisis Text Line: Text HOME to 741741

My Local Emergency Room:

Other: _____

Other: _____

6

Steps I can take to make my environment safer and limit my access to lethal means.