

Safety plan for when I am feeling suicidal

 A photograph of two women standing and talking. The woman on the left is wearing a pink hoodie and has her hand near the other woman's shoulder. The woman on the right is wearing a striped sweater and has her hand to her face.	<p>What I need to do to reduce the risk of me acting on my suicidal thoughts and or self-harming.</p>
 A photograph of four people (two men and two women) standing in a line and dancing or moving their bodies in a rhythmic way.	<p>What helps distract me?</p>
 An illustration of two smartphones. The one in the foreground is a black iPhone with various app icons on the screen. The one behind it is a white iPhone.	<p>Who can I call/text when I feel distressed?</p>
 A yellow emoji of a hand with the index finger pointing downwards, indicating a negative or warning sign.	<p>What are my triggers:</p>



What grounding techniques help me when I am triggered?



Where do I feel safe?



What kind things can I say to myself?



If nothing helps and I am still feeling suicidal or wanting to self-harm, what can I do?