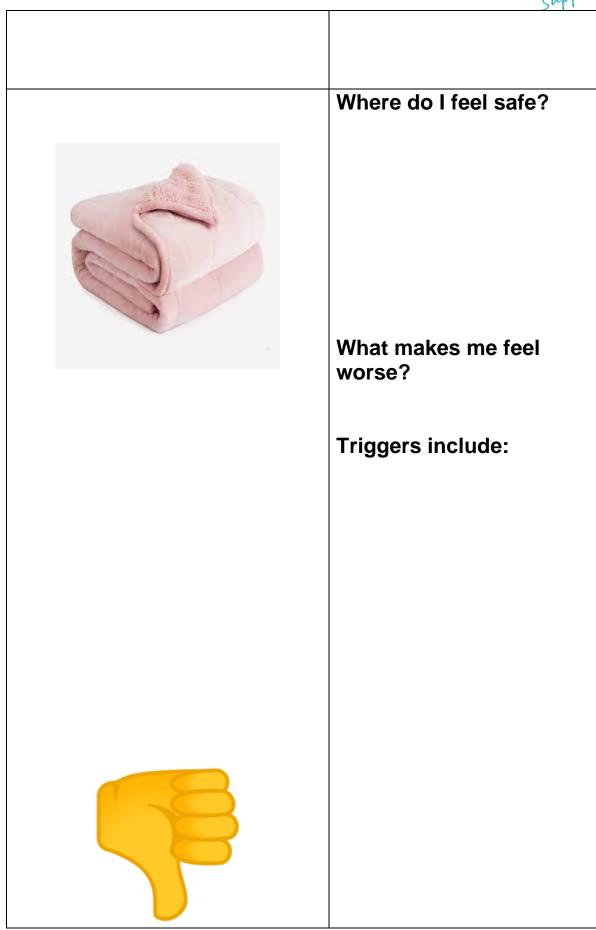


## Safety plan for when I am having suicidal thoughts

What I need to do to reduce the risk of me acting on suicidal thoughts/self-harm. What helps distract me?
Who can I call/text when I feel distressed?
What will help me feel better when I am triggered?







2011
What can I say to myself?
If I am feeling very unstable/suicidal and starting to my plans: