

## How to Create a Safety Plan

Reserve some time with your loved one to co-create a safety plan with them. Ensure they are not experiencing suicidal thoughts at the time, and are feeling a little hopeful about living.

Include these elements in the plan, or use [this](#) to fill out a pre-existing template

- **Warning Signs**

Thoughts, feelings, bodily sensations, behaviours and situations that indicate you are thinking about suicide, or feeling mentally unwell. When you experience any of these, you should go through the rest of the Safety Plan.

Examples: “I hate myself so much, I shouldn’t exist”, helplessness, the urge to drink alcohol, digging at skin near nails, feeling I’ve let a loved one down

- **Coping Strategies**

Activities that can distract you from suicidal thought patterns, including physical activities, relaxation techniques or other activities that help move you into a more positive mental space.

Examples: mindful meditation, going for a walk, eating comfort food

- **People and Places of Support/Distraction**

Places you can go, or people you can speak to, that can lead your mind away from thoughts of suicide, and to a more positive mental space.

Examples: the park behind my house, knock on the door of my flatmate for some coffee (name, phone number), go visit the gym, talk to my friend from school (name, phone number)

- **Emergency Contacts**

People among your family/friends who can be contacted when your thoughts become overwhelming and you urgently need help. List names, numbers and email addresses.

- **Hospitals and Crisis Lines**

Professionals who can help during a suicide crisis, including your therapist, any suicide hotlines, and hospitals closeby. List names, numbers and any people you know.

- **Means of Suicide and their Removal**

Easily available means that could be used to die by suicide. You must list out all these different means and include steps to take to make these more difficult to access. Implement this part of the plan as soon as it is created.

Examples:

Sharp cleaver - give to my neighbour

Rope - give to my father

High open balcony - lock and give keys to my friend

- **Reasons to Live**

Things that remind you of the positive aspects of your life. It could include answers to questions like:

When do you feel most at peace during the day?

What makes you smile when you see it?

Who are the people you love in your life?

What activities make you feel really good?

What used to be important to you?

### **Using the Safety Plan**

Once the safety plan is created, you and your loved one must keep the plan handy, preferably in your wallet or on your phone. It must be easily accessible in instances of an intense suicide crisis. It can be revised as required.