

PRACTICAL PLANNING:

CREATING A PERSONAL SAFETY AND SUPPORT PLAN

A safety and support plan is a simple, personalized list of actions and contacts to use when emotional distress rises. It is best created during a calmer moment, when it is easier to think through what helps.

What to notice or do:

- My warning signs:
 - What thoughts, feelings, situations, or behaviors tell me I am becoming overwhelmed?
- Things I can do on my own:
 - Which grounding, movement, breathing, music, routine, or distraction strategies have helped me get through difficult moments?
- People and places that help me feel connected:
 - Who can I call, text, visit, or sit near without needing to explain everything?
- Professional supports:
 - Which clinician, counselor, employee resource, school resource, or crisis service can I contact?
- Making the environment safer:
 - What potentially dangerous items or substances can be secured, removed, or placed in someone else's care during a crisis?



Keep in mind: Keep the plan somewhere easy to find, such as a phone note, wallet card, or shared document. Consider giving a copy to a trusted person who can help you use it when thinking becomes difficult.

A plan is not a substitute for care. If suicidal thoughts are becoming more intense, specific, or difficult to resist, reach out for immediate support rather than trying to manage the situation alone.