

## Safety Plan

*A safety plan is a written list of personalized coping strategies and resources that you can use to help yourself when you are feeling suicidal. This is a way to create a plan of action to challenge your suicidal thoughts and help you to develop tools to keep you alive and create a life worth living.*



**1. What are my triggers? What happened, what was I thinking, what was I doing, how was I feeling, why did I start thinking about harming myself?**

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**2. What can I do to help myself? How can I calm or distract myself?**

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**3. Where can I go and who can I be with to help distract me?**

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(Over →)

**4. Who can I ask to help me? Who do I trust? (List more than one in case your first choice is unavailable.) Name and phone number.**

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**5. Professionals or agencies I can contact if I'm in crisis:**

National Suicide & Crisis Lifeline – 988

National Crisis Text Line – text HOME to 741741

Westmoreland County Crisis Hotline – 1-800-836-6010

Allegheny County Crisis Hotline (Resolve Crisis Services) – 1-888-796-8226

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**6. How can I create a safer environment for myself? What are ways to keep myself and my space safe?**

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**\*What is the one thing that is most important to me and is worth living for?**