



Nebraska Youth
Suicide Prevention

PERSONAL SAFETY PLAN

I know I'm struggling when:

Safe things I can do to take my focus off my problems or suicidal thoughts:

Safe people and places that help me by distracting me:

Family or friends I can call for help:

Name: _____ Phone: _____

Name: _____ Phone: _____

Name: _____ Phone: _____

Professionals I can contact:

Name: _____ Phone: _____

Name: _____ Phone: _____

To stay safe from any method of suicide, I can:

Reasons for living:

Steps of school support:

Have that one friend that you can call anytime:

Name: _____ Phone: _____

Find one adult you can trust and call anytime:

Name: _____ Phone: _____

I AM NEVER ALONE.

If the ideas listed on this safety plan don't help me, then:

- I will call the National Suicide & Crisis Lifeline: **988**
- I will contact the National Suicide & Crisis Lifeline, a 24/7 confidential text message service for people in crisis: **Text 988**
- I will go to the emergency room, nearest crisis center, or call: **911**

School professional support staff are available to work with you and your parent/guardian to keep you safe. This plan will be reviewed periodically and is not intended to be in place permanently.

Initials: _____

Date: _____