

My Personal Safety Plan

I know I'm struggling when...

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

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Safe people and places that distract me by helping me

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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...

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Reasons for living

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Steps of school support

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Have that one friend 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...

- I will call the National Suicide Prevention Lifeline: **1-800-273-TALK (8255)**
- I will contact the Crisis Text Line, a 24/7 confidential text message service for people in crisis: **Text HOME to 741741**
- I will go to the emergency room, nearest crisis center, or call 9-1-1

School professional support staff are available to work with your 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: _____