
Making a safety plan

Last updated February 2024

Introduction: Once a patient who experienced suicidal thoughts is feeling better and is ready for discharge, help them create a safety plan so they can be prepared in case their emotional state deteriorates at some later point. For kids, share this plan with the child's parents and make sure it's easy to find, e.g., by having it stored on the child's phone. Here's a sample blank safety plan:

My Safety Plan

Triggers and warning signs that tell me when to use my plan (like feeling tense, or having thoughts of dying)

Reasons for living (Things to look forward to, like being with family, friends, pets; life goals)

Things I can do to safely feel better (like practice relaxation skills, listen to calming music)

People/places/activities that provide distraction:

Making my environment safe:

People that I can call for help and to feel safe:

1. Name _____ Phone Number _____

2. Name _____ Phone Number _____

3. Name _____ Phone Number _____

Professionals / Agencies that I can call for help and to feel safe:

1. Name _____ Phone Number _____

2. Name _____ Phone Number _____

Emergency Room: Phone/Address: _____

Suicide Prevention Lifeline Phone: 988

Crisis Text Line: Text HOME to 741741

I have participated in the development of this safety plan with my mental health provider:

Recipient Signature: _____ Date: _____

Guardian Signature*: _____ Date: _____

Provider Signature: _____ Date: _____

**for patients who are minors or have appointed guardians*