

Safety Supports



Signaling "I'm not okay"

Before suicide thoughts get bad, you may notice things happening. What kinds of things do you notice when suicide thoughts increase or intensify?

Please don't do that!



There can be things that people do sometimes that do not help. What kinds of things feel less helpful to you when suicide feelings are present?



Comfort & Relief

What are things that help you feel more calm and safe when suicide thoughts are present?

Feels Better



What are the things that let you know the crisis is over?



Safety Plan:

LET'S WORK TOGETHER



1

WHAT DOES SAFETY MEAN?

It means that right now, I agree I can be safe from suicide.

I don't have to agree to be safe forever, just until I can get more support and spend more time exploring my feelings with the help of someone who knows how to do that.



3

SOMETIMES IT'S HELPFUL

Sometimes it's helpful to know that suicide thoughts are just a part of us trying to help us cope with intense emotions.

We all have coping parts trying to keep us safe. Sometimes a part thinks dying is the only way to put out the flames.

When you have a minute to take a breath and ask inside there may be other coping parts with other ideas too.

What do you notice about your coping parts right now?

2



WHAT OTHER THINGS CAN I AGREE TO THAT MIGHT HELP?

Agree to share any suicide plan and give anything related to it to a trusted support person.

Agree to steer clear of drugs and alcohol.

Agree to practice ways of coping that help the thinking brain stay active.

Agree to take any prescribed medications to support mental and physical wellbeing.

4



THERE ARE PEOPLE WHO CARE ABOUT YOU!

Whether it's a close friend, a long-distance friend, a fur baby, a family member, or someone who'd really like to know how you're feeling.

You are cared about.