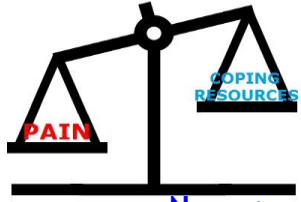


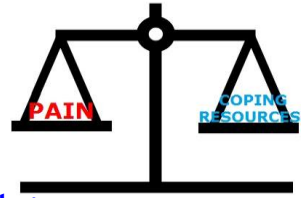
# New Day Psychology

## Safety Plan

If you sometimes struggle with suicidal thoughts, complete the form below.  
When you are feeling suicidal, follow the plan one step at a time until you are safe.



Feeling suicidal is the result of experiencing extreme pain, and not having the resources to cope. We therefore need to reduce pain and increase coping resources.



*These feelings will pass.*

Keep the plan where you can easily find it when you'll need it.

Name:

Date:

What I need to do to reduce the risk of me acting on the suicidal thoughts:

What warning signs or triggers are there that make me feel more out of control?

What have I done in the past that helped? What ways of coping do I have?

What I will do to help calm and soothe myself:

What I will tell myself (as alternatives to the dark thoughts):

What would I say to a close friend who was feeling this way?

What could others do that would help?

Who can I call:

- Friend or relative: \_\_\_\_\_ Another?
- Health professional: \_\_\_\_\_ Other?
- Telephone helpline: \_\_\_\_\_ Other?

A safe place I can go to:

If I still feel suicidal and out of control:

- I will go to the A& E department
- If I can't get there safely, I will call \_\_\_\_\_ 911

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