



Suicide Safety Plan

Adapted from the Suicide Prevention Resource Center

www.sprc.org

This plan is a step-by-step guide to help you stay safe during suicidal crises. It includes:

- Early warning signs
- Personal reasons to stay alive
- Tools to manage mood and distress
- People to reach out to
- Safe places to go
- Crisis and emergency contacts

Each section includes 1–3 focused options for you to fill in to keep it usable in moments of distress.

When you're familiar with the plan, you can remove this guidance page and just keep the essentials.

1. Early Warning Signs

List early signs: thoughts, feelings, physical symptoms or situations which indicate things are getting worse.

Examples: withdrawing from others, sleeplessness, hopeless thoughts, specific triggers.

- _____
- _____
- _____

2. Reasons to Stay Alive

Write down what matters to you: people, goals, values, memories, pets, future plans. Nothing is too small or too trivial.

Examples: my family member, my writing, sunset, the next series of my favourite show.

- _____
- _____
- _____

3. Mood Support & Distraction

These ideas may help take the edge off or help you feel more steady, even briefly. You don't have to do them all—choose what feels possible. If you'd rather talk to someone right away, that's fine too.

To calm your mood (if agitated):

- _____
- _____
- _____

To lift your mood:

- _____
- _____
- _____

To distract yourself (at least 2 solo options):

- _____
- _____
- _____

4. Supportive People

Reach out to someone who helps you feel grounded or understood.

Trusted people you can call or message quickly:

- _____
- _____
- _____

Mental health professionals or support workers:

- _____
- _____
- _____

5. Safe Places

Go to a place where you feel safer, more connected, or calmer.

Places to be around others (in-person or virtual):

- _____
- _____
- _____

Places with a calm environment for emotional reset:

- _____
- _____
- _____

6. Crisis Resources

Use these if nothing else is helping, or you feel you may be at risk.

Emergency contacts (e.g., 999, A&E):

- _____

- _____

Crisis lines or text/chat services

(Including the Samaritans 116123, and Shout; text SHOUT to 85258):

- _____

- _____

Final Note

Keep this plan somewhere easy to reach—by your bed, near your front door, or in a drawer you use often.

You are not alone. Suicidal thoughts will pass. Support is always available.