

1. How I know when I'm struggling

1. _____
2. _____
3. _____
4. _____

2. Things I can do to take my mind off my problems

1. _____
2. _____
3. _____
4. _____

3. People and places that distract me

1. _____
2. _____
3. _____
4. _____

4. Family or friends I can call for help

Name: _____ Phone: _____

1. _____
2. _____
3. _____
4. _____

5. Professionals I can contact

1. _____
2. _____

If the ideas listed don't help me

1. I will call/text the Suicide Prevention Hotline at **1-208-398-HELP(4357)**.
2. I will go to the emergency room, nearest crisis center, or call 9-1-1.

6. How to keep safe in my environment

To stay safe from my method of suicide I can

1. _____
2. _____
3. _____

*There is hope.
There is help.*

Reasons for Living

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

I AM NEVER ALONE

Idaho Suicide Prevention Lifeline
1-208-398-HELP(4357)

National Suicide Prevention Lifeline
1-800-273-TALK(8255)



This is modified from a document created by DHW Region 7 Behavioral Health. Content based on work by Drs. Barbara Stanley, M. David Rudd, and Greg Brown.

My Safety Plan



IDAHO DEPARTMENT OF HEALTH & WELFARE
DIVISION OF PUBLIC HEALTH

Reasons for Living

I AM NEVER ALONE

My Safety Plan

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6. How to keep safe in my environment

- To stay safe from my method of suicide I can
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*There is hope.
There is help.*