

My Suicide Safety Plan

Warning signs that I'm in trouble

1.

2.

3.

4.

5.

Things I will try to make myself feel better

1.

2.

3.

4.

5.

Negative thought

Positive thought to replace negative thought

People I will call or text for help

Name _____ Phone Number _____

Name _____ Phone Number _____

Name _____ Phone Number _____