

_____ 's SAFTEY PLAN



Children's
of Alabama®

created on _____

MY WARNING SIGNS OF A CRISIS

Thoughts and physical responses to stress :

A light green rounded rectangle for writing a thought or physical response to stress.A light green rounded rectangle for writing a thought or physical response to stress.A light green rounded rectangle for writing a thought or physical response to stress.A light green rounded rectangle for writing a thought or physical response to stress.

MY COPING SKILLS

Activities I can do to take my mind off of my problems, without getting help from another person :

DISTRACTIONS

People who can take my mind off my problems : Places to go to take my mind off my problems :

PEOPLE I CAN ASK FOR HELP

NAME : _____

RELATIONSHIP : _____

CONTACT INFO : _____

A pink speech bubble containing three horizontal lines for writing details about a person to ask for help.A pink speech bubble containing three horizontal lines for writing details about a person to ask for help.A pink speech bubble containing three horizontal lines for writing details about a person to ask for help.

I HAVE THESE REASONS TO LIVE

A yellow oval for writing a reason to live.A yellow oval for writing a reason to live.A yellow oval for writing a reason to live.A yellow oval for writing a reason to live.

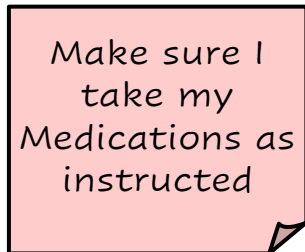
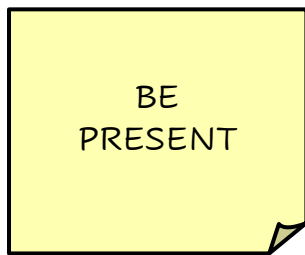
HOW I CAN BE SUPPORTED

What do I need? What can others do to help me?

MAKING MY HOME SAFE

- Increase supervision
- Lock up ALL sharp objects, weapons, medications, dangerous cleaners/solvents and firearms
- Search my room at least once a week to ensure I have not obtained and hidden unsafe items

FOLLOW UP WITH ME



COMMUNITY SUPPORTS

When my loved ones and I struggle to resolve my crisis, who can we call for additional help?

IMPORTANT NUMBERS

National Suicide Prevention Lifeline	988
Crisis Center Line	205-323-7777
Teen Line	800-852-8336
Kid's Help Line	205-328-5437
Crisis Text Line	Text HELLO to 741-741
Emergency Services	911 or go to the nearest ED



Suicide Safety Plan (12+)
Stay safe during a crisis
Inquiry Health LLC
Designed for iPad
★★★★★ 4.5 • 40 Ratings
Free

