

I will plan for my SAFETY:

Self-awareness

Action

Friendly people/places

Emotional support

Turn to professionals

Yes! I can get through this!

***If one step doesn't help,
I'll move to the next.***

I will ask this person:

to help me keep my environment safe by working with me to remove anything I may be tempted to harm myself with – now or in the future.

Macomb County Crisis Center:

586-307-9100

(available 24/7)

National Suicide Prevention Lifeline:

1-800-273-8255 (TALK)

(available 24/7)

My Safety Plan was developed by the Macomb County Suicide Prevention Coalition. To order, contact the Macomb County Crisis Center (586-307-9100).

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MY SAFETY PLAN

I, _____,
am worth the time and effort it takes
to fill out and follow this safety plan.

I will remind myself that
dark moods pass.

I will take care of myself and
give this mood a chance to lift.



Self-awareness: These thoughts / feelings / behaviors tell me I'm in a bad place emotionally, or becoming dangerous to myself:

Action: When I notice this happening, I will take care of myself by doing these things:

Friendly People/Places: I will go to these people or places to stay connected, or to distract myself (include contact information):

Emootional Support: I will share my feelings with these friends or relatives, and I will ask them for help (include contact information):

Turn to Professionals: When nothing else seems to be helping, I will call on these professionals (include contact information):

Yes! I can get through this!: If I find myself unable or unwilling to follow these steps, I will remind myself: