

MY SAFETY PLAN WORKSHEET

I will talk to the following people when I am upset and/or having suicidal thoughts:

Name _____ Phone Number

- 1.
- 2.
- 3.

****If I cannot reach a support person and I am having suicidal thoughts, I agree to call one of the following resources:**

USA National Suicide Hotline: 1-800-SUICIDE or 1-800-273-TALK

[\[Insert Local Resources Here\]](#)

****I understand I should call 911 or go to the nearest hospital emergency room if I develop a specific plan for committing suicide or believe I am in danger of harming myself.**

I can also reach my provider, _____, during business hours (generally Monday through Friday, 8 am to 5 pm) at _____.