



SUICIDE PREVENTION SAFETY PLAN

It's important to build a safety plan before you need it. Use the examples below to help you build your own safety plan on the other side of this guide. Then keep it where you can easily access it.

1. How can I reduce the risk of me acting on suicidal thoughts?

- Remove excess medications from home
- Remove gun/s from home
- Throw away all blades

2. What warning signs or triggers make me feel out of control?

- Feeling alone
- Isolating
- Cancelling plans
- Binge-watching or eating

3. What have I done in the past that helped?

- Phoned a friend or loved one with whom I could be honest
- Stayed engaged in regular activities
- Stepped outside
- Met with other people
- Journalled my thoughts and feelings to gain perspective

4. What can I do to calm and soothe myself?

- Focus on breathing.
- Do something for 20 minutes—take a walk, clean a room, read a devotional, listen to inspiring music.
- Pray for someone else who is struggling.

5. What verse can I memorize or have handy to help me?

- Need some ideas? Check out *Verses of Hope for Dark Days*.

6. What would I say to a friend struggling with suicidal thoughts?

- You will get through this and you will be grateful you didn't die.
- You will be OK.

7. What can others do to help?

- Listen without judgment or offering quick fixes.
- Remind me of my safety plan.
- Be present with me.

8. Who can I call?

- Friend/Relative/Pastor
- Telephone Helpline (988)

Visit chronic-joy.org for more resources.



MY SUICIDE PREVENTION PLAN

HOPE: HOLD ONTO POSSIBILITY EVERYDAY

God is not ashamed of you. He created you and He loves you beyond comprehension. Your death would have a greater impact than you could possibly imagine, so build your Suicide Prevention Plan today, and keep it handy. *This world needs you!*

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chronic-joy.org/suicide-prevention

