

MY SAFETY PLAN

STEP 1: Know When to Get Help

What are the signs (your appearance and behaviors) and symptoms (your thoughts and feelings) that you are beginning to struggle with a problem? Some examples of signs include: withdrawal from others, neglect of responsibilities, loss of interest in personal appearance, lack of motivation, slow movement, etc. Some examples of symptoms include: sadness, anxiety, feelings of hopelessness, anger, mood swings, pessimism, impaired concentration, tendency to believe others see you in a negative light, etc.

STEP 2: Practice Healthy Coping Skills

What can you do, by yourself, to experience comfort and relief from your struggles? Some examples of healthy coping skills include: going for a walk, listening to uplifting music, exercising, spending time with a pet, taking a warm bath, and other healthy self-care activities. What obstacles might there be to using these healthy coping skills? Some obstacles include: work deadlines, family responsibilities, procrastination, etc.

STEP 3: Read Your Gratitude List

Create a list of your reasons for living, which may also be called a gratitude list. When you are feeling depressed, overwhelmed or suicidal, it is very easy to get caught up in your thoughts and feelings and forget the positives in your life. Your list can help you refocus your attention on the reasons to keep going.

STEP 4: Connect with Trusted Social Support

If you are unable to deal with your distressed feelings and thoughts alone, **contact trusted friends and family members** who have a track-record of providing healthy support to you in your past. List several people in case your first choices are not available. Be sure to let these individuals know that you have included them on your safety plan.

| NAME | CONTACT INFO |
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STEP 5: Seek Help from Professionals

If your problem persists, or if you have suicidal thoughts, **reach out to your professional support system.** For a list of numbers by County, go to: www.suicide.org/hotlines/tennessee-suicide-hotlines.html.

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| Local emergency number: | |
| Professional Counselor or Agency: | |
| National Suicide Hotlines: | 1-800-273-TALK 1-800-SUICIDE 1-800-799-4889 (for deaf or hard of hearing) |