

988SUICIDE
& CRISIS
LIFELINE

Safety Plan Tip Sheet

A safety plan is a brief intervention to reduce risk and increase safety in a crisis. You can call or text 988 if you need help creating your safety plan.

- **Warning Signs**

What thoughts, images, moods, situations, and behaviors let you know that a crisis may be developing? If you encounter your warning signs, it could be a good time to tell someone you trust and start engaging in your safety plan.

- **Coping Strategies**

What things can you do on your own to help you not act on thoughts of suicide? These could be distractions, hobbies, or other things that help shift your focus.

- **People or Places that Provide Distraction**

List people and settings, especially social settings, that can help take your mind off difficult thoughts or feelings.

- **Who to Ask for Help**

Who is a good person in your life who you can turn to and say “I’m having a hard time and I need some help”? This could be a parent, sibling, teacher, friend, or anyone in your life who you trust.

- **Professional Support**

This could be a counselor or therapist, but it could also be 988. There are trained counselors who care and want to help you available 24/7 through phone, text, and chat. You can also call 988 to help you complete this safety plan.

- **Making Environment Safer**

Work with 988 or someone you trust on making a plan to limit your access to things that could be used to harm or kill you. Place this safety plan sticker near things that trigger thoughts of suicide or urges to act on those thoughts.

**You are not alone. Call or text 988
or chat online at 988lifeline.org**



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