

QUESTIONS TO ASK TO CREATE MY SAFETY PLAN

If I feel suicidal/destructive, having a Safety Plan can reduce pain, increase coping resources, and help me and others to be safe. Keep the plan in a place easy to find.

Reminder: The use of alcohol/drugs can make things worse.

What stresses me? (Triggers/Stressors)

When and how do I know that things are not going well? What are my signs & Symptoms? "Red Flags"?

What are my Coping Skills? Things that can help me?

What I can do to be calm and stay safe IN THE MOMENT?

What coping skills, things I have done that have helped me in the past to feel better?

What people, places, and things provide me with distraction/relief from stress?

What can I tell myself to make me feel better? What would I say to a close friend who was feeling this way?

What can I do to feel better? What are my goals for being healthy?

What can others do to help me feel better?



in Ulster County, Inc.



MY SAFETY PLAN

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Keep the plan in a place easy to find. Reminder: The use of alcohol/drugs can make things worse.

If I have suicidal/destructive thoughts, I will: _____

To reduce the risk of acting on suicidal/destructive thoughts I will: _____

If my suicidal/destructive thoughts lead to a plan to die or harm self or others, I will: (e.g. remove access to guns, pills, other lethal means)

A safe place(s) I can go: _____

People who have agreed to help me when I am having suicidal/destructive thoughts:

- | | |
|---------------|-----------------------|
| A. Name _____ | How to contact: _____ |
| B. Name _____ | How to contact: _____ |
| C. Name _____ | How to contact: _____ |

Other People you can call for help...

- 911
- Mobile Mental Health 844-277-4820 (1 p.m. to 11 p.m.)
- FAMILY Text & Phone Hotline 845-679-2485
- 1-800-273-TALK (8255)
- Health Alliance Emergency Dept. 845-334-4244
- *Live4Today* Suicide Support Group 845-339-9090

REMINDERS

- Take medications as prescribed - do not change until you have discussed with your doctor.
- If you experience side effects from your medications, notify doctor or mental health care provider.
- Keep all after care appointments as scheduled.
- Be prepared for your appointments, write down questions/concerns and bring them with you.

The most important reminder is that you can continue on your way to feeling healthy and well by using all the resources available to you, both in yourself and from the help of others!