

My Personal Safety Plan

Remember: You are not alone. Support is always available.

MY WARNING SIGNS/TRIGGERS ARE:

What I notice in my body, thoughts, or behaviour when I start to struggle.

- 1.
- 2.
- 3.
- 4.

WHAT HELPS ME COPE:

Healthy and effective strategies or activities that ground or calm me.

- 1.
- 2.
- 3.
- 4.



MY REASONS FOR STAYING:

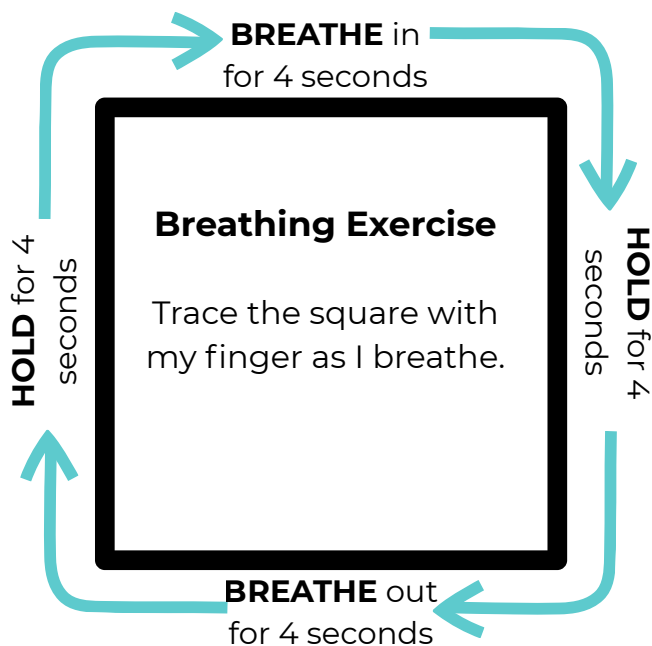
What gives me hope or reminds me why I want to keep going.

- 1.
- 2.
- 3.
- 4.

MY SAFE PEOPLE TO TALK TO:

My trusted people that I can contact for support.

- 1.
- 2.
- 3.
- 4.



Try this three times or until I feel more grounded

ALTERNATIVE COPING MECHANISM IDEAS I CAN TRY:

Healthy strategies I can try to reduce my distress.

- Squeeze an ice cube or run my hands under cold water to refocus. ❄️
- Name five things I sense (see, hear, feel, smell, taste). 👁️
- Give myself a hug. 🤗

IF IN THE EVENT OF A CRISIS, I CAN CALL: 🚨

Emergency services: **000**

Lifeline: **13 11 14**

Beyondblue: **1300 22 4636**

All accessible 24/7