My Safety Plan

You and your life are important and worthy.

Staying safe is the first step towards feeling better. You can complete your Safety Plan by yourself or with your clinician. Keep your Safety Plan where you can get it easily. You may like to share a copy with friend(s), family, and/or your doctor.

Warning signs that I might be feeling worse, and things I want to avoid:
Types of thoughts, feelings and behaviours to look out for:
- ....
- ....

Places, situations or people to avoid:
- ....
- ....

Getting through the moment with things that help me feel safe and calm:
I can make my environment safe by:
- ....
- ....

I can use helpful distractions, such as:
- ....
- ....

Holding hope by remembering the reasons I want to keep living:
- ....
- ....
- ....
- ....

People I can reach out to for support:
Friends and/or family:
- ....
- ....

Mental health professionals:
- ....
- ....

If you have a plan for how to end your life and are thinking of going through with it, call triple zero (000) immediately or go to your nearest hospital emergency department.

Activities to help you feel better

Tick those you'll try out ☑

Distract your mind

Read a book.
Do a puzzle or crossword.
Colour-in.

Lighten the mood

Listen to music.
Watch a funny movie.
Re-watch your fave TV show.

Do something active

Go for a walk/run/jog.
Push ups/star jumps.
Stretch your muscles.

Steady your breathing

Breathe in through your nose for 3 seconds and out through your mouth for 3. Repeat.
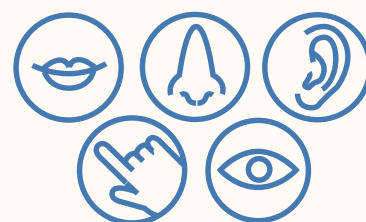
Do something productive

Tidy up your house.
Declutter.
Bake something.
Tick something off your to-do list.

Get comfy and cosy

Have a shower.
Get into your comfy clothes.
Make a cup of tea.
Light a candle.

Tune into your five senses by naming:

5 things you can see
4 things you can hear
3 things you can feel
2 things you can smell
1 thing you can taste

If feeling overwhelmed, call a crisis service for support

These support services can talk you through intense thoughts and feelings, and get you connected with emergency mental health support if you need it.

Lifeline Australia
13 11 14

Suicide Call Back Service
1300 659 467
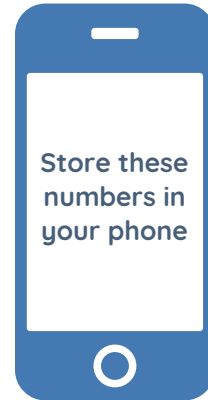
Store these numbers in your phone

If you have a plan for how to end your life and are thinking of going through with it, call triple zero (000) immediately or go your nearest hospital emergency department.

Australian State Crisis Service Numbers

NSW- Mental Health Line **1800 011 511**	VIC- Suicide Help Line **1300 651 251**	QLD- 1300 MH CALL **1300 642 255**
TAS- Mental Health Helpline **1800 332 388**	SA- Mental Health Triage Service **13 14 65**	WA- Metro **1300 555 788**
NT- Mental Health Line **1800 682 288**	ACT- Mental Health Triage Service **1800 629 354**	WA- Peel **1800 676 822**

If you live outside of Australia, call your local suicide prevention helpline. The International Association for Suicide Prevention (IASP) has contact information for crisis support centres in many different countries. https://www.iasp.info/

Understanding difficult thoughts

Having thoughts of hurting yourself or ending your life can be distressing, and you're probably also dealing with the painful experiences that triggered these thoughts in the first place.

Suicidal thoughts can be hard to talk about for many different reasons. Some people worry about upsetting loved ones, while others believe that they're 'weak' or 'strange' for thinking like this. Other times people feel ashamed for having these thoughts or think that help isn't available.

Suicidal thoughts are **not a sign of weakness** and are in fact **very common**. Over 13% of Australians will seriously consider suicide at some point in their life (that's more than 3 million people)*. Fortunately, most people feel better with time and support.

Help is available for thoughts of suicide and self-harm. These thoughts will pass with time, and there are strategies that you can use to keep yourself safe in the meantime. There are also many different services and organisations that can support you.

Lifeline 13 11 14
Suicide Call Back Service 1300 659 467
Emergency Services 000
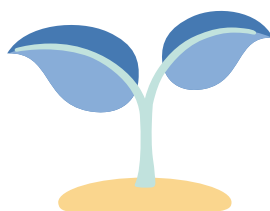
*Australian Department of Health (2009) Mental Health of Australians: Suicidality