

SAFETY PLAN



Safety Plan is a free, confidential, and easy-to-use mobile app designed for anyone who has experienced thoughts about suicide or self-harm. This app helps you make a step-by-step action plan to keep yourself safe during a crisis, share your plan with loved ones, and use tools to manage distress.

Safety Plan is not meant to replace professional help. If at any time you feel that you cannot keep yourself safe, **please dial 988 (press 1 if you are a Veteran) or call 911.**

CREATE MY SAFETY PLAN

- Identify warning signs, ways you can cope with stress, places you can go for a distraction, and people you can call for help.
- Put time and space between yourself and dangerous objects until a crisis passes - create your own or choose from a list of strategies, such as securing firearms and safely storing medications.
- Use your Safety Plan when you start to notice your personal warning signs, or whenever you think it might be helpful. Continue to use your plan until suicidal thoughts decrease and become more manageable.
- Print or export your Safety Plan from the app to share it with your healthcare providers and/or loved ones. To share your Safety Plan, select the menu button (three horizontal lines in the top left corner of the home screen) and then select Manage Data.

TOOLS

- Make a list of your personalized reasons to live and include photos, videos, or audio.
- Try different tools for coping with distress in the moment.
- Use tools and activities to help you manage strong emotions and increase your social support.

MY JOURNEY

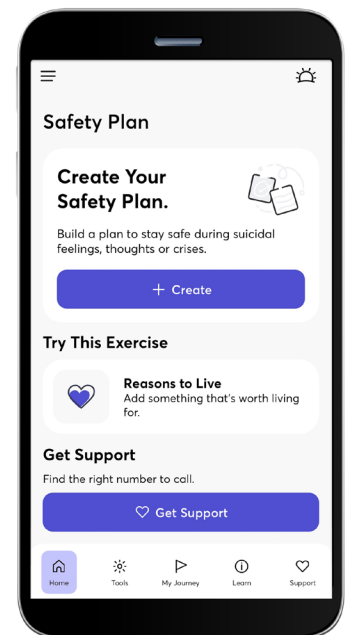
- Track your mood and mental health symptoms.
- Create journal entries – type them or dictate them to your device.
- Set personalized goals and track your progress over time.

LEARN

- Learn about Safety Planning, managing tough emotions, and how to seek help.

GET SUPPORT

- Access crisis support resources, like the 988 Suicide and Crisis Lifeline.
- Find resources for getting connected to mental health treatment.



Scan the QR code to download Safety Plan



It is important to create your Safety Plan when you're not in distress, so you can think through each step of the plan. While the Safety Plan app can be used on its own, creating your plan with a mental health provider can be helpful.