



SELF-INJURY SAFETY PLAN – ADULTS

This safety plan is intended for adults 18+ years of age.



Instructions for those assisting someone in need of a safety plan:

The person you are concerned about can write the answers to the questions below on a small card for a pocket or purse, or print out this page (cardstock is recommended) and cut along the dotted line to give them the safety plan to fill out. Once completed, you also might have them take a picture of the safety plan below with their phone to keep digitally.

The steps on this safety plan are to be completed in numerical order so that the person has time to work through their thoughts. Practice all steps, including calling to ask for help. If the person is challenged by suicidality and non-suicidal self-injury, fill out the relevant safety plan for both. Also, be sure to remove or lock up means that may be used to attempt suicide.

Re: #3b below: Having the person text someone each day with three things they are grateful for, is proven to help. They may need reminders. Research shows that listing three things we are grateful for each day for 21 days physically changes the brain and teaches us to scan our days for the positive instead of the negative.

Re: #3d below: List names and phone numbers. These contacts must be vetted. Practice calling with the person.

MY SAFETY PLAN

1. Changes in thoughts, feelings and behaviors I notice when I begin to feel a desire to self-harm:

2. If I have self-harming thoughts or behaviors like these, I can do things to feel better. (fill in each space with 2 or more activities):

a. Physical activities as stress relievers such as walk, work out, ride a bike, yoga:

b. Quiet, calming activities such as take a warm bath, write out my thoughts, meditate, pet my dog/cat, listen to calming music:

c. Concentration activities such as watch a funny show, read a book, cook/bake, play a musical instrument:

3. If doing things for myself does not help, I can interact with or reach out to others.

a. Share feelings, thoughts, and activating events that cause my self-harm urges with a friend or family member.

b. Write down, tell, or text to a friend or family member, three things that I am grateful for each day.

c. Something I can do to help someone else or a cause I'm passionate about right now: _____

d. Four friends or family members I can call or text to help me make myself feel better (names and phone numbers):

1) _____

2) _____

3) _____

4) _____

4. If I still feel I am in an emotional crisis after trying these things, I will call or text 988 for help.