

# Developing My Safety Plan

1. Determine your 'trigger point' and commit to enacting your care plan and seek help
  2. Identify who you can trust (friend or crisis line) - call them at your trigger point
  3. Avoid situations that make you feel bad or trigger suicidal thoughts
  4. Avoid drinking alcohol or drugs as this can make you feel more depressed or angry
  5. The feeling of being extremely overwhelmed usually passes with a little time. Give yourself that time by distracting yourself by following the recommendations herein
  6. Work with a mental health practitioner to set yourself goals, work through your feelings and problem solve difficult issues.
  7. Commit to developing your inner strength so that you are protected from feeling suicidal again. Talk to a mental health professional on how to gradually achieve this.
- Three things to remember that will stop me from harming myself*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

'Trigger Point' - when you know you can't manage your emotions alone - you need help to prevent you from doing things that you will regret like harming yourself. Identify your trigger point with your mental health professional

## Support Services

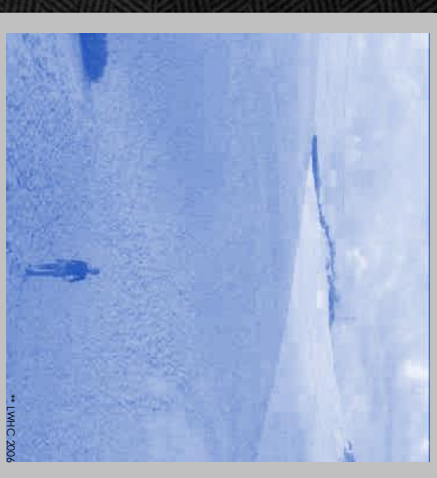
### Suicide Prevention and Mental Health Services

- Lifeline – 13 11 14
  - Suicide Call Back Service  
1300 65 94 67
  - Kids Help Line 1800 55 1800
  - Mensline 1300 78 99 78
  - Veterans Line 1800 011 046
  - Mental Health Line 1800 011 511
  - Headspace headspace.org.au
  - Mind matters mindmatters.edu.au
  - Beyond blue beyondblue.org.au
  - Sane Australia 1800 18 SANE  
Sane.org
  - Black Dog Institute  
blackdoginstitute.org.au
- ### Suicide Bereavement Services
- National Standby Response Service  
(07) 5442 4277
  - National Hope Lin (Salvation Army)  
1300 467 354

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\*\* Liverpool Women's Health Centre

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## My Safety Plan

## Emergency

If you have hurt yourself or feel like your thinking is getting out of control and that suicide is an option please call **000**

### Treating Practitioner Contacts

#### Doctor or Medical Centre

Name \_\_\_\_\_  
Phone number \_\_\_\_\_

#### Psychologist/Counsellor

Name \_\_\_\_\_  
Phone number \_\_\_\_\_

#### Psychiatrist

Name \_\_\_\_\_  
Phone number \_\_\_\_\_

#### Community Mental Health/Crisis

Centre  
Name \_\_\_\_\_  
Phone number \_\_\_\_\_

#### Friend, Family or other support

Name \_\_\_\_\_  
Phone number \_\_\_\_\_

Important people in my life who love me and who I love

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## My Safety Plan

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

### Distraction techniques

- Call a crisis or help line
- Hold an ice cube in your hand, concentrate on how cold it is and the drops of water dripping between your fingers
- Flick a rubber band against your wrist

### Do something nice

- Visit/stay with a friend
- Go for a walk, breathe deeply, feel the air on your skin and listen to the sounds around you
- Take a hot bath and visualise your worries being washed away

### Focus on someone you care about or admire

- Think of a peaceful and gentle conversation with them and the words of wisdom and love they would offer you

### Practice mindfulness activities

- Sit outside, focus your five senses and list as many experiences, sounds and feelings as you can

### Expend energy

- Skip rope, run, dance, get puffed!!!
- Clean your bathroom with a toothbrush

### Make a plan for regular exercise

- Walk around the block, fast enough to lose your breath
- Take the long way when shopping
- Ride a bike or go for a swim
- Visualise in detail yourself running

### Ensure you are sleeping well

- Avoid coffee, alcohol and stimulants
- Go to bed and get out of bed at the same time every day – develop a routine
- When you can't sleep, practice relaxation, breathing and meditation exercises
- Don't nap in the day
- Remove the TV or computer from the room
- Talk to your GP or Psychologist about how to get better sleep

## Call a help line

*This is a brief intervention until you make an appointment to see a mental health treatment provider – this should be done as soon as practicable through your GP*