



HOW TO USE THIS GUIDE



FOLLOW THE
INSTRUCTIONS
AND FILL OUT
THE SAFETY PLAN
INSIDE



MAKE COPIES OF
YOUR SAFETY PLAN
AND KEEP 1 FOR
YOURSELF



SHARE YOUR
SAFETY PLAN WITH
1 OR MORE SAFE
PEOPLE



SCHEDULE AN
APPOINTMENT WITH
A MENTAL HEALTH
PROFESSIONAL



USE YOUR SAFETY
PLAN WHENEVER
YOU NEED IT



*Coalition for a Healthy
Appling County*

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freely to the public by funds
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This guide is presented as a supplement to, and NOT a substitute for, the knowledge, skill, and judgment of qualified counselors, psychiatrists, psychologists, physicians, and health care professionals. It is not intended to diagnose a mental health condition. If you have further questions about or are seeking treatment for mental health conditions, please consult a counselor or other health care professional.

Prevent Suicide



FREE TAKE ONE

USE THIS GUIDE FOR
YOURSELF OR A LOVED ONE
DEALING WITH THOUGHTS
OF SUICIDE OR SELF HARM



TRIGGERS

WHAT IS MOST LIKELY TO GET ME DOWN?

- Being yelled at
- Failing a test
- Thinking about the future
- Using drugs / relapsing



WARNING SIGNS

WHAT ARE THE SIGNS A CRISIS IS DEVELOPING?

- I get quiet & stop going out in public



SAFE PLACES

WHERE CAN I GO TO GET SOME RELIEF?

- The park



MY SAFETY PLAN

NAME _____



COPING SKILLS

WHAT CAN I DO TO MOVE THROUGH THIS FEELING?

- | | |
|--|--|
| <input type="checkbox"/> Take deep breaths | <input type="checkbox"/> Write a letter |
| <input type="checkbox"/> Count backwards from 100 | <input type="checkbox"/> Make a list of choices |
| <input type="checkbox"/> Sit and relax all your muscles | <input type="checkbox"/> Give someone a hug or ask for one |
| <input type="checkbox"/> Meditate | <input type="checkbox"/> Ask yourself, "What do I need right now?" |
| <input type="checkbox"/> Name something you notice with each sense | |
| <input type="checkbox"/> Use a relaxation app | |
| <input type="checkbox"/> Read Scripture | |
| <input type="checkbox"/> Pray or ask someone to pray for you | |
| <input type="checkbox"/> Listen to a sermon | |
| <input type="checkbox"/> Listen to music | |
| <input type="checkbox"/> Watch a funny video | |
| <input type="checkbox"/> Take a quick walk | |
| <input type="checkbox"/> Dance / Sing / Make music | |
| <input type="checkbox"/> Rip paper into pieces | |
| <input type="checkbox"/> Pet an animal | |
| <input type="checkbox"/> Cook or bake | |
| <input type="checkbox"/> Take a nap | |
| <input type="checkbox"/> Eat a healthy snack | |
| <input type="checkbox"/> Clean something | |
| <input type="checkbox"/> Do something on your to-do list | |
| <input type="checkbox"/> Exercise / Play a sport | |
| <input type="checkbox"/> Write in a journal | |



SAFE PEOPLE

WHO CAN TAKE MY MIND OFF OF WHAT'S GETTING ME DOWN?

- My best friend Jamie



NEXT STEPS

HOW CAN MY ENVIRONMENT BE MADE SAFER?

- Remove or lock up all firearms
- Lock up all medications
- Don't go hunting alone
- Check in with a buddy every day



PROFESSIONALS

WHO IS TRAINED TO HANDLE THIS SITUATION?

FAMILY DOCTOR _____

MY COUNSELOR _____

IN AN EMERGENCY, DIAL 911

GA CRISIS LINE
1-800-715-4225

SUICIDE PREVENTION LIFELINE
1-800-273-TALK (8255)

CORD OF 3 COUNSELING SERVICES
912-282-0992

PINELAND BEHAVIORAL HEALTH
912-367-4614 / 1-800-746-3526

SOUTHERN COUNSELING SERVICES
912-705-0858

