This pamphlet is provided freely to the public by funds from the Coalition for a Healthy Appling County, a participant of The Two Georgias Initiative.

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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

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.

FREE TAKE ONE

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

**Name:** ________________________

**What is most likely to get me down?**
- Being yelled at
- Failing a test
- Thinking about the future
- Using drugs / relapsing

**What are the signs a crisis is developing?**
- I get quiet & stop going out in public

**Where can I go to get some relief?**
- The park

**Who can take my mind off of what’s getting me down?**
- My best friend Jamie

**Coping Skills**

**What can I do to move through this feeling?**

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

**Triggers**

**Warning Signs**

**Safe Places**

**Safe People**

**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?**

**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