

Staying Safe From Suicide: Your Safety Plan

Mental Health · Crisis Intervention

Thoughts of suicide mean you are in deep pain, and help works. A safety plan tells you and your family what to do, step by step, when these thoughts come.

Know your warning signs

- Thinking about death or wanting to die
- Feeling hopeless, trapped, or like a burden
- Pulling away from people, or drinking or using drugs more
- My warning signs: _____.

Follow your safety plan

- **Step 1:** Do something that calms you, such as a walk, music, or prayer.
- **Step 2:** Go to a place or person that takes your mind off things.
- **Step 3:** Tell someone you trust that you are thinking about suicide: _____.
- **Step 4:** Call or text 988, or call your provider: _____.

Make your home safer

- Ask someone you trust to keep any guns outside your home for now.
- If a gun stays, lock it unloaded. Lock bullets in a different place.
- Lock up medicines. Keep only small amounts.

For family and friends

- Ask directly: "Are you thinking about suicide?"
Asking does not put the idea in their head.

- Listen without judging. Do not keep it a secret.
- Watch for giving things away, saying goodbye, or sudden calm after deep sadness.
- Never leave someone alone who is in danger right now.

Keep up your care

- Go to your next visit, within 1 week of leaving the hospital.
- Take your medicines. Avoid alcohol and drugs.

Call your provider today if you have

- Thoughts of suicide without a plan: **call or text 988 (or your local crisis line) now**
- Worse sadness, worry, or sleep

Call 911 or your local emergency number if you have

- A plan or a strong urge to end your life
- Taken too many pills or hurt yourself on purpose
- A loved one with a plan, a weapon, or pills ready to use

This handout supports, not replaces, advice from your own nurse or doctor.

Online: nclexpace.com/patient-education/suicide-warning-signs-safety-plan/patient

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