



# Safety Plan Template

This safety plan is designed to help young people and their caregivers respond to early warning signs of distress and support safety in a compassionate, practical, and collaborative way.

**Trigger** e.g. situations, people, places, or thoughts that may increase distress  
are: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Things you notice about yourself when you're becoming distressed are:** (e.g. thoughts, physical sensations, emotions, behaviours) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Things other people may notice when you're becoming distressed are:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Things that you are willing to do if you begin to notice feelings of distress to help you to feel better are:** (e.g. DBT distress tolerance strategies, movement, connection, sensory activities) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Some things other people could do to help you feel better are:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Some things others have done in the past that hasn't been helpful are:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Who can this plan be shared with?** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Youth-Focused Crisis Support Services (Australia)

- **Lifeline** – 13 11 1424/7 crisis support and suicide prevention. [www.lifeline.org.au](http://www.lifeline.org.au)
- **Suicide Call Back Service** – 1300 659 46724/7 counselling for people affected by suicide. [www.suicidecallbackservice.org.au](http://www.suicidecallbackservice.org.au)
- **Kids Helpline** – 1800 55 180024/7 counselling for young people aged 5–25. [www.kidshelpline.com.au](http://www.kidshelpline.com.au)
- **Headspace** Mental health services for young people (12–25). Find your local centre or access online support. [www.headspace.org.au](http://www.headspace.org.au)
- **eheadspace** Free, confidential online and phone support for young people and their families. [www.eheadspace.org.au](http://www.eheadspace.org.au)
- **Emergency Services** – 000 If your teen is in immediate danger or needs urgent care.

*This plan is most helpful when reviewed and updated regularly.*

Adapted from Bickerton & Garretty (2023) Staying Connected - Illawarra Shoalhaven LHD

