



MY PERSONAL SAFETY PLAN

A simple plan to use when I feel overwhelmed, hopeless, unsafe, or notice suicidal thoughts becoming stronger.

1. My warning signs

What thoughts, feelings, body sensations or behaviours tell me that I am becoming overwhelmed or unsafe?

2. What can help me through the next 10 minutes?

Grounding, slow breathing, shower, walking, music, a familiar activity, changing rooms, or going somewhere safer.

3. People I can contact

People I can call, text, or be with. I can say: "I'm struggling and I don't feel safe being alone. Can you stay with me?"

4. Make my environment safer

Move away from anything I could use to hurt myself. Ask someone trusted to help secure medications or other means, and avoid being alone if my risk is increasing.

5. What helps me remember to stay?

People, relationships, responsibilities, values, hopes, places, beliefs, pets, or future experiences that matter to me.

IF I CANNOT KEEP MYSELF SAFE

Call 000 or go to the nearest Emergency Department immediately. Do not stay alone.

Lifeline: 13 11 14 | Text: 0477 13 11 14



IMPORTANT SUPPORT & CRISIS NUMBERS

Keep this page somewhere easy to find. These services can provide immediate or crisis support in Australia.

Emergency	000 If there is immediate danger, you cannot keep yourself safe, or serious harm has occurred.
Lifeline	13 11 14 24/7 crisis and suicide prevention support. Text: 0477 13 11 14
Suicide Call Back Service	1300 659 467 24/7 professional telephone counselling for people at risk of suicide, concerned about someone, or affected by suicide.
Beyond Blue Support Service	1300 22 4636 24/7 telephone counselling for people experiencing distress, anxiety or depression.

My trusted person / family member

Name: _____ Phone: _____

My GP

Name: _____ Phone: _____

My counsellor / psychologist

Name: _____ Phone: _____

My psychiatrist / mental health clinician

Name: _____ Phone: _____

Nearest Emergency Department

Name: _____ Phone: _____

Another person or service I can contact

Name: _____ Phone: _____

If my safety is at immediate risk: I will call 000 or go to the nearest Emergency Department and will not stay alone.