

#1 I will do the following activities to calm/comfort myself:

#2 I will remind myself of my reasons for living.

Examples:

Go through each step until you are safe.

Remember: Suicidal thoughts can be very strong. It may seem they will last forever. With support and time, these thoughts will usually pass. When they pass, you can put energy into sorting out problems that have contributed to you feeling so badly.

#3 Call a friend or family member.

Name: _____

Phone: _____

#4 Call a back-up person.

Name: _____

Phone: _____

#5 Call a care provider.

(psychologist, psychiatrist, therapist).

Name: _____

Phone: _____

- I will call the Kids Help Phone (+1 800-668-6868) or +1-800-SUICIDE (784-2433)

#6

- I will go somewhere safe. *Examples:* _____

- I will go to the Emergency Room at the nearest hospital

- If I feel that I can't get to the hospital safely, I'll call 911 and request transportation to the hospital. They will send someone to transport me safely.