My support and safety plan

Complete with a qualified clinician | Adults and teens 12+

Use your own words and make this plan practical. It is not a promise or a guarantee of safety, and it does not replace a suicide risk assessment or emergency care.

If you have harmed yourself, might act on suicidal thoughts, or cannot stay safe, call 911 or go to the nearest emergency department now. Do not wait to finish this plan or try every step.

Ask a trusted person to stay with you while you get urgent help, if possible.

U.S. crisis support: 988 Suicide & Crisis Lifeline. Call or text 988 for suicidal crisis or emotional distress.

Call 988 Text 988

Plan made with | Date

When I will use this plan

Changes in my thoughts, feelings, actions, or situation that tell me I need support

Things that may help while I connect with support

Choose realistic, low-risk actions. You may skip directly to a person or professional. Coping alone is not required before asking for help.

One thing I can try and where I can do it

A second option if the first does not help

Where I can be with people safely

A person or safe setting that helps me feel less alone and how I can get there

My support and safety plan

Who can help me right away

Choose someone who can respond directly. Teens need an available trusted adult, not only a peer. If one person is unavailable or unsafe, contact the next support.

First support person and phone number

Backup person and phone number

Words I can use: "I am having thoughts about suicide or hurting myself. I need help staying safe. Can you stay with me while we get help?"

People and steps for safety

Keep with page 1

Professional help and urgent options

Clinician or service and phone number

Hours, expected response time, and what to do when they are unavailable

Local urgent service or emergency department and location

Do not rely on a website form, email, or voicemail for an urgent response. In the U.S., call or text 988 for crisis support. For immediate danger or injury, call 911 or go to the nearest emergency department.

988 online chat: https://988lifeline.org/chat/

My support and safety plan

Make my surroundings safer together

With the clinician and a trusted adult or support person, plan how to reduce access to firearms, medications, and other things that could be used for self-harm. Do not handle dangerous items yourself during a crisis. Follow clinician guidance and applicable law.

The specific safety change we agreed on

Who will carry it out and by when

How we will confirm the change is in place and maintain it

Make the plan usable

Where I will keep this plan and who will have an agreed copy

A barrier such as no phone, privacy, transport, or language, and our backup

For a teen: identify the adult responsible for support and the safety changes. If home or a caregiver is unsafe, tell the clinician so a safer option can be planned.

Review and follow up

Next check in: With:

How we will connect:

Update this plan when needs change or a step does not work. A completed plan alone does not mean it is safe to be alone or that a lower level of care is appropriate.

My quick support card

Copy the agreed details from the full plan

Keep this page somewhere you can find it quickly. It supports the full plan; it does not replace clinical assessment or emergency help.

If I need help now

If I have harmed myself, might act on suicidal thoughts, or cannot stay safe: call 911 or go to the nearest emergency department. I do not have to try every other step first.

Ask a trusted person to stay with me while I get urgent help, if possible.

U.S. 988 Suicide & Crisis Lifeline: call or text 988 for crisis support.

Call 988 Text 988 Chat: https://988lifeline.org/chat/

My people

First person and number

Backup person and number

Clinician or urgent service and number

My next action

A safe place to go with support, or someone who can come to me

What I can do while help is connecting

If speaking is difficult

I can show or send these words: "I need help staying safe. Please stay with me while we contact support."

My own words or a signal agreed with my support person

Plan reviewed on

Next review

Practice finding the plan and contacting support with your clinician. Confirm numbers, availability, privacy, and who can help with transport before relying on this card.