

This safety plan is designed for workers and clients to complete together. It will help you to identify when things are becoming difficult, and come up with ideas to help. Please come back to this plan often to reflect on it or update it.

**For workers:** to get the most out of this tool, we recommend completing the Suicidality eLearning modules on the Insight website.

## Triggers

**What kind of things make me feel worse / suicidal?**

Tip: If you experience these things, it might be a good idea to use some of your strategies below. Or, if you can, consider whether you can avoid these triggers for a little while.

## Early warning signs

**How might I (or someone else) know that I am starting to feel worse / suicidal?**

**My body:** What sensations happen in my body (e.g. "my skin feels prickly")?

**My actions:** How does my behaviour change (e.g. "I struggle to get out of bed")?

Tip: If you have someone you trust and who knows you well, they might be able to help you come up with ideas here.

**My feelings:** How do my emotions change (e.g. "I feel numb", "I feel lonely even when people are around")?

**My thoughts:** What thoughts / images / sentences / stories run through my head (e.g. "there's no point in going on")?

# Ways I can cope without help

## What can I do by myself when I'm feeling overwhelmed / suicidal, that will help distract me (or make me feel better)?

Think about things that might work in each of the following situations.

### Low distress

Tip: These might be things you do all the time to stay well.

### Medium distress

### High distress

(Almost a crisis)

Tip: You may not have answers for all of these right away. That's OK! Keep brainstorming with your worker and trying new things until you find what's right for you.

# People and social places that can help take my mind off things

Who can I spend time with that will help take my mind off things? Is there anyone who helps me forget about my problems for a while (even if it is brief)?

Tip: Think of people who can help distract you, without having to let them know you're feeling suicidal. The next section focusses on people you can ask for help.

What places can I go that will help me feel connected? What about places where I can be around other people?

Examples: A place where I have happy memories, out in nature, a book shop café.

# People I can ask for help

## Is there anyone I can ask for help when I am having a hard time?

Tip: It's a good idea to make sure that you feel OK being honest with these people about your feelings / suicidality.

Tip: Think about how each person can help. When you're feeling overwhelmed/distressed/suicidal, try to pick the person who is most likely to be able to meet your needs.

Name: \_\_\_\_\_ Contact details: \_\_\_\_\_  
Skills:  Emotional support  Practical support  Other \_\_\_\_\_

Name: \_\_\_\_\_ Contact details: \_\_\_\_\_  
Skills:  Emotional support  Practical support  Other \_\_\_\_\_

Name: \_\_\_\_\_ Contact details: \_\_\_\_\_  
Skills:  Emotional support  Practical support  Other \_\_\_\_\_

Name: \_\_\_\_\_ Contact details: \_\_\_\_\_  
Skills:  Emotional support  Practical support  Other \_\_\_\_\_

It can be a good idea to speak with the people you've put on this list before you need to ask them for help. Here are some things you might like to talk with them about:

- How you will ask for help, and how they can ask if you're OK (This is really useful, especially if either of you don't feel comfortable saying "I'm suicidal" / "Are you suicidal?")
- Exactly what you'd like them to do to help
- What they should avoid doing, and what things aren't their job
- What they should do if they are worried they aren't helping
- Resources that can help them
- How they can let you know if they need a break

Remember you can ask your worker for help on any of the points above!

## My extra notes

## Workers or services to contact in a crisis

If I have tried the strategies on my safety plan and they haven't worked, who can I contact?

<b>My worker:</b> .....	<b>Phone:</b> .....
<b>My GP:</b> .....	<b>Phone:</b> .....
.....	<b>Phone:</b> .....
.....	<b>Phone:</b> .....
.....	<b>Phone:</b> .....

### Here are some others you might be interested in trying:

- Lifeline (24/7) Ph 13 11 14 or online chat/text [lifeline.org.au](http://lifeline.org.au)
- Beyond Blue (24/7) Ph 1300 22 4636 or online chat [beyondblue.org.au](http://beyondblue.org.au)
- Suicide Call Back Service (24/7) Ph 1300 659 467 or online counselling [suicidecallbackservice.org.au](http://suicidecallbackservice.org.au)
- MensLine (24/7) Ph 1300 789 978 or online counselling [mensline.org.au](http://mensline.org.au)
- Kids Helpline (24/7) Ph 1800 551 800 or webchat [kidshelpline.com.au](http://kidshelpline.com.au)
- 13 Yarn (24/7) Ph 13 92 76 [www.13yarn.org.au](http://www.13yarn.org.au)

You can also contact **1300 MH CALL (1300 64 22 55)** during a crisis to access Queensland Health **Mental Health Services**. They can support you over the phone in a crisis, and give information about next steps.

**If you are experiencing an emergency or have immediate concerns for your safety, call triple zero (000) or go to an emergency department.**

<b>When will I update my plan?</b> .....	Tip: It is easy to forget this! Can you set a reminder in your phone to help remember?
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## Keeping my environment safe

**What are the things in my environment that I've thought about using to attempt suicide?**

**What will I do with them to keep my environment more safe?**

**Who will help me?**

**How long will I do this for?**