

# Safety Plan

**Step 1:** Warning signs (thoughts, images, mood, situation, behaviour) that I am feeling distressed:

1.

2.

3.

**Step 2:** Internal coping strategies – things I can do to take my mind off my problems without contacting another person (relaxation technique, physical activity):

1.

2.

3.

**Step 3:** People and social settings that provide distraction:

Name/ Phone/ Place:

Name/ Phone/ Place:

Name/ Phone/ Place:

**Step 4:** People whom I can ask for help:

Name/ Phone:

Name/ Phone:

Name/ Phone:

**Step 5:** Professionals or agencies I can contact if I get distressed:

Name/ Phone/ Place: **Press 1 for Southland Services**  
**0800 467 846** **Press 2 for Otago Services**  
**Mental Health**

Name/ Phone/ Place:  
**1737 Free Call/Text (24hrs 7days a week)**  
**Counselling**

Name/ Phone/ Place:

**Step 6:** Making the environment safe, eg removing access to things that can harm you

**Step 7:** The Red Button: people I can contact immediately when I am very stressed

Phone:

Phone:

**Step 8:** The thing that is most important to me and makes life worth living is:



# The **AEIOU** of Suicide Prevention

What we can ALL do  
to save a life

**Ask** are you thinking of  
suicide

**Ensure** their immediate  
safety

**Identify** their problems

**Offer** hope, help and  
support

**Use** professionals and  
community © Roger Shave