A Mental Health Safety Plan can play a vital role in keeping you safe when you're feeling down or distressed. It can also be a way for you, or your loved ones supporting you, to plan how to communicate or check-in with each other going forwards.

Tips for creating a Mental Health Safety Plan

- Work with a trusted family member or friend, or a professional to develop a Mental Health Safety Plan. It is helpful to involve important people around you, as they need to know how best to help and care for you.
- Try to find a time when you're feeling well, calm and clear-headed, rather than when you're down or distressed.
- Write your safety plan down and keep it in a place where you can easily find it when you need it.

Your Mental Health Safety Plan should include:

- My Triggers
- My Stay Safe Rules
- My Safety Support
- My Visual Prompts
- My Distractions
- My Reasons to live
Identifying my Triggers:
Understanding and identifying possible triggers around me, at work, at home, or in my immediate environment, that may cause intense emotions or feelings. Being aware of them can help me to formulate a plan or techniques on how to manage them.

Some:

1. 
2. 
3. 
4. 
5. 
6. 
7. 
8. 
9. 
10.

My Safety Support:
If things get too much, these people can be contacted and I know they will be there for me.

<table>
<thead>
<tr>
<th>Name:</th>
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<tbody>
<tr>
<td>Relationship:</td>
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<td>Contact Number:</td>
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My Distractions:
If I am having bad thoughts or I feel down, here’s a list of things that can distract me, or make me feel better. (Example: going for a walk, sitting outside, listening to music, watching my favourite movie, phoning a friend, journaling, etc.)

1. 
2. 
3. 
4. 
5. 
6. 
7. 
8. 
9. 
10.

My Safety:
If I don’t feel safe now and I feel at risk, how can I get myself into a safer environment? Where can I go that I can be with someone I trust? Or where can I go that helps me feel safe? (Example: go to someone else in the house, go next door, visit my friend, visit a family member, etc.)

1. 
2. 
3. 
4. 
5. 
6. 
7. 
8. 
9. 
10.
My Stay Safe Rules:
My thoughts of distress might have subsided, but it's important I stay with someone who can give me support or help make sure I am not alone. Here are some people who I can spend time with to feel less alone.

1.
2.
3.
4.
5.

My Visual Prompts
Here are some visual prompts (pictures, photos, drawings, art, song lyrics, poems, colours, quotes) to help keep me calm and bring me joy.
A list of my Reasons for Living

I will refer to this list when I'm feeling down or overwhelmed, it will remind me to focus on positive things that I may have forgotten, it will give me hope and remind me I do have purpose and I do matter.

Complete the sentence: My reasons for living are...
Remember...

If you still feel down or have thoughts of suicide or are at risk, please call someone from your contact list and tell them you need help.

Or contact a counsellor at SADAG

**0800 567 567**
(24 hours, 7 days a week)

**SMS 31393**
and a counsellor will call you back

**087 163 2030**
Whatsapp Counsellor Chat Line - open 7 days a week, 8am - 5pm

[www.sadag.org](http://www.sadag.org)
SADAG website

There is always help
- you are not alone!