



Safety Plan for Suicide Prevention

Now available in the *PTSD Coach* mobile app



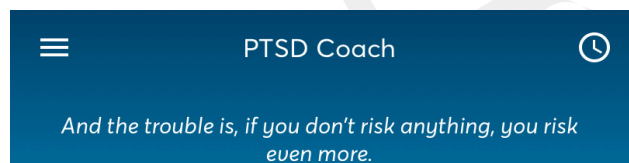
It can be hard to think clearly during a crisis, and a Safety Plan is a personalized, six-step emergency action plan to **help keep you safe** until the crisis passes. The Safety Plan is for anyone who has experienced suicidal thoughts or attempts. Now you can create

and keep your Safety Plan where you can easily find it – on your smartphone or tablet through the **free, easy-to-use mobile app**, [PTSD Coach](#).

Create your Safety Plan with the help of a trained healthcare professional (recommended), with a loved one, or on your own. For additional support at any time, dial **988** for the Suicide and Crisis Lifeline. If you are a Veteran, dial 988 and then press 1 for the Veterans Crisis Line.

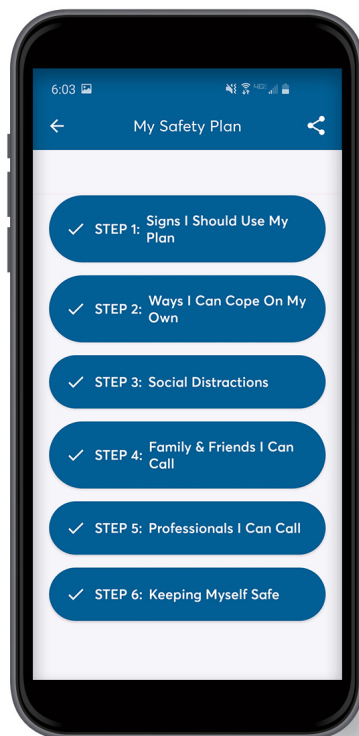
How to access the Safety Plan

- Download [PTSD Coach](#) mobile app
- Open PTSD Coach and select the 3-bar icon  for menu options
- Select “Safety Plan”
- Select “My Safety Plan” and then select any step to get started



Creating a Safety Plan in the app

While the steps can be completed in any order, it is recommended that you start with Step 1.



STEP 1: Signs I Should Use My Plan

Enter the signs that it might be time to use your Safety Plan. Warning signs can be thoughts, feelings, behaviors, or physical sensations that appear or increase when you get distressed.

Select an existing warning sign to add it to your plan or type in the free text box to create a custom warning sign. Select “Save”, to save your warning sign, then select “Done.”

To go to the next step, swipe left or select the back button and then select “Step 2: Ways I can Cope on My Own.”

Cancel	Warning signs	Save
Signs that I am in crisis and should use my safety plan		
Add your own		
☒	I am feeling hopeless.	
☒	I am isolating myself from others.	
☒	I am feeling sad or depressed most of the time.	

STEP 2: Ways I Can Cope on My Own

Cancel	My Coping Strategies	Save
Things I can do on my own to distract myself and keep myself safe		
ADD A TOOL FROM PTSD COACH		
Add your own		
☒	Change Your Perspective	
☐	Pray or engage in other spiritual activity	
☒	Take a shower	

Identify things you can do on your own to distract yourself until the crisis passes. Select an existing coping strategy to add it to your plan, add a PTSD Coach coping tool, or type in the free text box to create your own coping strategy.

	Ambient Sounds
	Body Scan
	Change Your Perspective

To learn more about the Safety Plan app module, search “[Introduction to Digital Safety Plan](#)” on YouTube, or [email us](#) your questions or comments.





STEP 3: Social Distractions

List people and places that can provide a healthy distraction until the crisis passes. Note: you do not need to disclose your crisis to the people you list here. Rather, they should be people you can talk with who will provide a temporary distraction. To add people to this step, choose from your device's contact list or create a new contact.

To add a place you can go for a healthy distraction, type a specific location into the free text box (e.g. "Cuppa Joe's Café on Main St." instead of "coffee shop"). It's recommended that you pick places that are usually available and do not require advanced planning.

STEP 4: Family and Friends I Can Call

List family or friends that you can contact for support. People listed in this step should be people you feel comfortable talking to about personal things. You can choose from your device's contact list or create a new contact.

Not sure who you could add to your plan? Select the info  button on the menu bar for helpful suggestions.

STEP 5: Professionals I Can Call

List professionals you can contact that you already know (e.g., therapists, social workers, doctors). You can also list the numbers of any local emergency rooms or urgent care centers.

What medical or mental health professionals can you contact in a time of crisis? Add them here so that you can quickly reach them if you are in crisis.

ADD CONTACTS

If you are experiencing an emergency right now:

CALL 911

STEP 6: Keeping Myself Safe

One of the best ways to prevent suicide is to put time or distance between yourself and dangerous objects in your environment. Identify objects in your environment that could pose a risk to your safety (e.g., firearms, knives), and list strategies for limiting your access to these objects during times of crisis (e.g., storing firearms in a locked cabinet that is difficult to reach).

In this step, you'll also be asked to list people who may be able to help you secure your environment.

Tips for Creating and Using Your Safety Plan

- It can be hard to think during a crisis, so be sure to create your Safety Plan when you are NOT in crisis.
- Review your plan regularly and use it when you notice that you are starting to experience your warning signs.
- If you want to share your plan with people in your support network, select the export icon to export your plan.

Depending on your device, the export button will look like this:

