

# Suicide Prevention Safety Planning

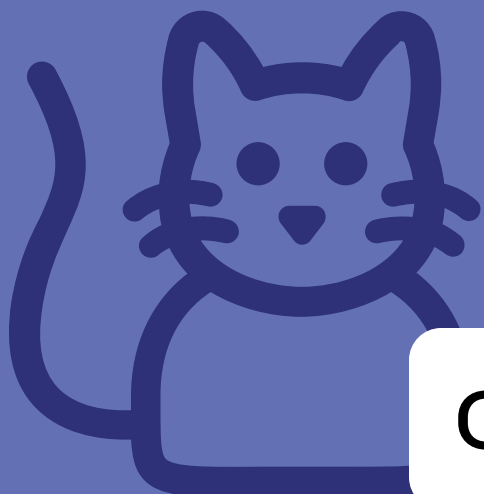
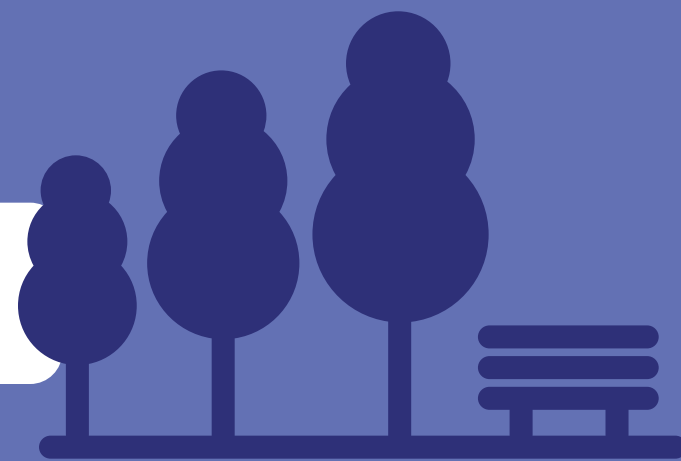
Have a plan you can follow when you feel unsafe. Your plan should include:

Your warning signs, e.g. withdrawing from friends



Ways to make your environment safe, i.e. get rid of anything you might use to harm yourself

Distractions or coping strategies, e.g. go for a walk



Things that are important to you, things you are looking forward to or other reasons to live, e.g. your pet cat

Supports, e.g. speak to a counsellor on Kids Helpline WebChat

