Safety Plan

1. Managing emotions and suicidal thoughts.
2. Calm emotions using grounding techniques on “Exercises-Thoughts and Emotions” sheet.
   1. Examples include: Belly-breathing with large exhale.
   2. The body-scan with progressive muscle relaxation.
   3. The 5 Senses Exercise
3. Engage in a calming activity or stress-relieving activity. Some examples are:
   1. Take a walk.
   2. Listen to music.
   3. Journal.
   4. Exercise.
4. Manage unhelpful thoughts (using Automatic Thought Chart sheet),
   1. Note what thoughts are saying.
   2. Replace the thought with a helpful thought

or

* 1. Dispute the unhelpful thought using evidence against it.

1. Engage with familial, spiritual, and/or social supports.
2. Places/People to Contact:
3. Remember these reasons for living and brainstorm other reasons for living:




9. **If you are feeling like you may commit suicide call one of these resources:**
   1. **Call Psychiatric Emergency Services:** [**(512) 472-4357**](https://www.google.com/search?client=firefox-b-1-d&q=psychiatric+emergency+services)

**or**

* 1. **Call Rock Springs Hospital:** [**(512) 883-1416**](https://www.google.com/search?client=firefox-b-1-d&q=rock+springs+hospital)
  2. **If you do not get an answer from either of the above , call the National Suicide Hotline: 800-273-8255. Then, try to call Psychiatric Emergency Services again.**