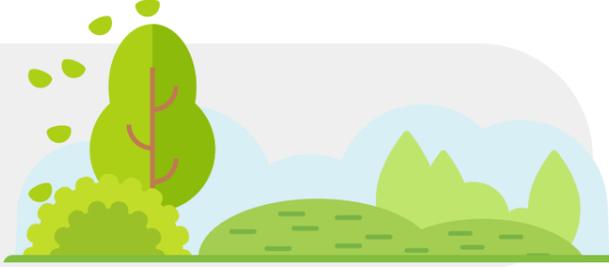
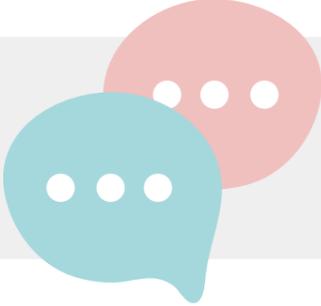


suicide prevention safety planning

have a plan you can follow when you feel unsafe... your plan should include:

-  1 Your **warning signs**, e.g. withdrawing from friends
-  2 Ways to make your environment **safe**, i.e. get rid of anything you might use to harm yourself
-  3 **Distractions** or coping strategies, e.g. go for a walk
-  4 **Things that are important to you**, things you are looking forward to or other reasons to live, e.g. your pet cat
-  5 **Supports** e.g. speak to a counsellor on Kids Helpline WebChat
-  6 **Delay**. Thoughts of suicide and self-harm will pass. Delaying acting on any thoughts to end your life gives you time to get support.
-  7 **Be around others**. If you are feeling unsafe, avoid being alone. Spend time with family or friends until you feel safer.