

Step 1: The things that are most important to me and make life worth living are:

Step 2: Warning signs (thoughts, images, feelings, situation, behaviour) that tell me I am feeling distressed:

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Step 3: Coping strategies—things I can do to take my mind off my problems without contacting another person (eg relaxation technique, physical activity):

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Step 4: People and social settings that provide distraction:

Name:

Phone/place:

Name:

Phone/place:

Name:

Phone/place:

Step 5: People who I can ask for help:

Name:

Phone:

Name:

Phone:

Name:

Phone:

Step 6: Professionals or agencies I can contact if I get distressed:

Free phone or text 1737 to reach a counsellor
24 hours, 1737.org.nz

Your GP:

Name:

Phone/place:

Name:

Phone/place:

Step 7: Making the environment safe, eg removing access to things that can harm you:

Step 8: The 'red button': People I can contact immediately when I am very stressed:

Phone:

Phone:

Phone:

I will share my Safety Plan with:
