

MY SAFETY PLAN

I will talk to the following people when I am upset and/or having suicidal thoughts:

Name:

Phone number:

- 1.
- 2.
- 3.

If I cannot reach a support person and I am having suicidal thoughts, I agree to call one of the following resources:

USA National Suicide Hotline: 1-800-suicide or 1-800-273-talk

Help line telephone services : 1-212-532-2400

The Samaritans of New York: 1-212-673- 3000

Available 24/7

I understand that I should call 911 or go to the nearest emergency room if I develop a specific plan for committing suicide or believe I am in danger of harming myself.