

# Safety plan

The purpose of the safety plan is to prevent suicide attempts and have an action plan ready for possible self-harm situations. The safety plan is completed together with a professional. Keep the completed protection readily at hand and tell the people mentioned in the safety plan about it.

## 1. Warning signs

• Thoughts:

• Feelings:

• Body:

• Behavior:

• Other:

## 2. What can I personally do to avoid attempting suicide?

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### 3. Who can I contact or where can I go so I wouldn't be in danger of attempting suicide?

• Friends:

• Loved ones:

• Helpers:

• Nearest emergency room:

I know the route and how to get to the emergency room at any time of day.

- Crisis Helpline 24/7: +358 9 2525 0111
- Emergency exchange 112. If I call the emergency exchange, I will tell them I am at risk of committing suicide. If I have already harmed myself, I will tell them about it. I will listen to instructions from the emergency exchange and answer their questions.

### 4. How do I improve the safety of my environment even before any potential self-harm situation arises?

### 5. I want to live, because:

This safety plan has been compiled by MIELI Mental Health Finland's Suicide Prevention Centre.

Further information is available at [mieli.fi](http://mieli.fi)