



My SafetyPlan

Remember: It is okay, to not be okay

wishwadadli.org

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The Antigua and Barbuda Holistic Coalition (ABHC) and Wadadli Initiative for Self-Care and Healing (WISH) have partnered to raise awareness and normalize discussions about clinical depression while offering practical coping solutions. To support individuals facing clinical depression, their loved ones, and the wider community, we present this safety plan.

Creating a safety plan is vital for anyone experiencing intrusive thoughts of self-harm or who has attempted suicide. It provides a structured approach to managing crises and serves as an essential resource during emotional distress. Here are key reasons why developing a safety plan is important:

1. Immediate Access to Coping Strategies
2. Identification of Triggers
3. List of Support Contacts
4. Emergency Resources
5. Reinforcement of Hope
6. Empowerment and Control
7. Facilitation of Communication

A safety plan is crucial for managing intrusive thoughts and preventing crises. It acts as a personalized guide during difficult times, emphasizing connection, coping strategies, and hope for recovery.

Use this safety plan to help you get started while seeking support and guidance from a mental health professional.

Making the Environment Safe

Medicine	Over the Counter	<ol style="list-style-type: none"> 1. Use a lock box to store and secure all medicine. 2. Get rid of any medicine that is expired, no longer being taken, or not needed. 3. Keep track of how much medicine you should have.
	Prescription	
	Vitamins	
Guns (Firearms)	Firearms	<ol style="list-style-type: none"> 1. Do not keep firearms in the home. 2. If you own firearms, keep them in a secure gun safe. 3. Keep ammunition stored separately from firearms.
	Ammunition	
Sharp Objects	Knives	<ol style="list-style-type: none"> 1. Lock up all sharp objects 2. Look through your whole home for these items. 3. These items could be anywhere in your home like the garage, basement, or toolshed.
	Scissors	
	Razors	
	Safety Pins	
	Nails	
	Needles	
Other Dangerous Items	Ropes	<ol style="list-style-type: none"> 1. Lock up all of these items. 2. All family members need to check for these items. 3. Think about removing them from the home entirely.
	Alcohol	
	Extension Cords	
	Belts	
	Drugs	
	Cleaning Products	

- Make a few copies of the safety plan. It should be easy to find. The plan can be on paper or stored electronically.
- Share copies of the safety plan with key persons at each major life location: home, frequently visited friends/family, work/school, other frequented spaces.

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Name:

Date:

1

MY WARNING SIGNS ARE

These can be thoughts, feelings or behaviors that indicate you are at risk.

2

MY EFFECTIVE COPING STRATEGIES ARE

These are things you can do to help lift your mood, like meditation or exercise.

3

PEOPLE I CAN REACH OUT TO FOR DISTRACTION



4

PEOPLE I CAN REACH OUT TO FOR HELP:

5

STEPS I CAN TAKE TO MAKE MY ENVIRONMENT SAFER:

6

IN THE EVENT OF A CRISIS:

Call Emergency Contact #1: _____

Call Crisis Hotline: _____

Call Emergency Services: _____