



Student Support Services
Student Safety Plan

This plan is for medium to high risk students

Student Name: _____ School: _____ Date: _____

Recognizing Warning Signs

--What do I experience when I start to think about suicide or feel extremely distressed?

Coping Strategies and Ways to Help Myself

--What can I do if I become suicidal again so that I do not act on my thoughts or urges?

Social Contacts, Family Members or Friends that may distract me from, or help to resolve, a crisis

--Who, or what, social settings help me take my mind off of my problems, even if for a short time?

--Who helps me feel better when I talk to them? Who is supportive? With whom am I comfortable talking about my problems?

Name: _____ Phone Number: _____

Name: _____ Phone Number: _____

Name: _____ Phone Number: _____

Place: _____ Place: _____

Other: _____

Professionals or Agencies I can contact if I'm in crisis

--Who are some mental health professionals I can reach out to if I'm in a crisis?

--If I'm not at school, are there other resources?

- Hotlines:** Alachua County Crisis Center - (352) 264-6789
 National Suicide Prevention Lifeline - 1-800-273-TALK (8255)
 9-1-1
 988 Suicide & Crisis Lifeline

Professional: _____ Phone Number: _____

Professional: _____ Phone Number: _____

Other Resources:

Safe Environment

--What can I do to make my environment safe?

--What can I do to help myself . . .

TODAY? _____

TOMORROW? _____

THIS WEEK? _____