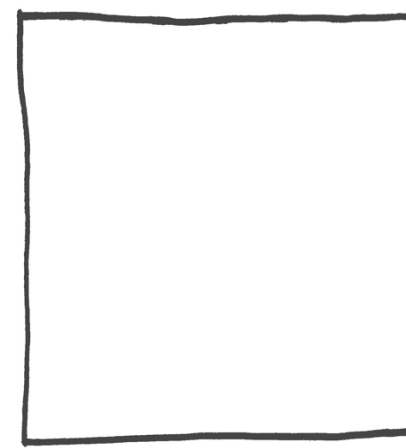
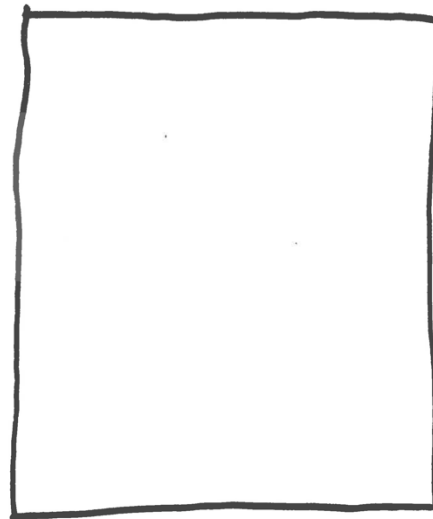


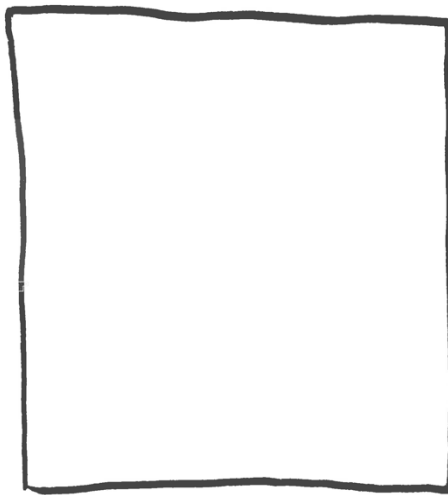
1
try to take a deep breath. or two.
or three. or ten. you know yourself
better than anyone else---what are
some **warning signs** that you
might be in crisis or feeling low?



2
let's focus on the **short-term** first.
what are some ways you can you
take your mind off your problems
for the next couple of hours?
what activities help **distract** you?
what grounds you and makes you
feel good even for a moment?



3
where do you feel **safe**?
what places are comforting?
can you go to one of these places
to get out of your current
environment?



4
if you can't go there, what are
some ways you can make your
current surroundings safer? can
you remove, hide, or put away
things that give you anxiety or
make it easier to hurt yourself?

SO YOU THINK YOU FINALLY "LOST IT"

(A D.I.Y. SAFETY PLAN)

BY DANY RICCI

YOUTH@SFSUICIDE.ORG



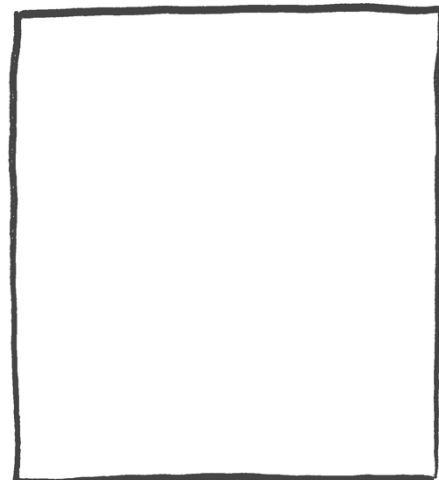
415.781.0500 Crisis Line
415.434.2437 HIV Nightline
415.362.3400 Drug Line
415.834.1144 Relapse Line
415.984.1900 Business Office
741-741 Crisis Text Line
P.O. Box 191350
San Francisco, CA 94119

6
if things get too hard to handle
alone, who can you call for **support**?

1. name: _____
phone: _____
2. name: _____
phone: _____
3. name: _____
phone: _____

where can you get a little
professional assistance?

1. counselor: _____
phone: _____
2. urgent care: _____
phone: _____
address: _____
3. crisis hotline (that's us)
local: 415-781-0500
national: 1-800-273-8255



5
hopefully you're feeling a little more
comfortable in your current space
now. let's think **long-term**.
what gives your life meaning?
who/what do you love?
what's on your bucket list?