My Personal Safety Plan

Fill this in on a calmer day, ideally with someone you trust or your therapist. Keep it where you can find it.

Name: _____ Week of: _____

1. My warning signs

Thoughts, feelings or situations that tell me a crisis may be coming.

2. Things I can do on my own to get through it

For example: a walk, a shower, prayer or dhikr, music, the grounding card.

3. People and places that take my mind off things

Someone to sit with, a safe public place, a relative's home.

4. People I can ask for help

Name and number. People I can tell how I am really feeling.

5. Professionals and services I can contact

My doctor or therapist, and the helplines below.

6. Making my surroundings safer

For example: asking someone to keep medicines or anything I could use to hurt myself.

7. What matters most to me and is worth living for

If I am in immediate danger: call the local emergency number or go to the nearest emergency department.

Emergency: Pakistan Rescue 1122 / police 15 · Saudi Arabia 911 · India 112 · UK 999 · US and Canada 911 · EU 112

Helplines: Pakistan Umang 0311 7786264 · Saudi 920033360 (8am-8pm) · India Tele-MANAS 14416 · UK and Ireland Samaritans 116 123 · US and Canada 988 · Elsewhere: findahelpline.com

Based on the steps of the Safety Planning Intervention (Stanley and Brown, 2012). This is our own wording, not the official Stanley-Brown form. Helplines last verified 21 November 2026; emergency numbers checked 22 November 2026. Free worksheet from sherjeelawan.com by Dr. Malik Sherjeel Awan (PsyD). For personal use; not a diagnosis or a substitute for professional care. In an emergency call your local emergency number.