

# Safety Plan

## Emergency Numbers:

Lifeline ..... 13 11 14  
 Suicide Call back ..... 1300 659 467  
 Men's Line ..... 1300 78 99 78  
 Veterans Line ..... 1800 011 046  
 QLife ..... 1800 184 527  
 Kids Helpline ..... 1800 55 1800

## Support People:

1. ....
2. ....
3. ....
4. ....
5. ....

Appointments Scheduled				
Provider	Date	Time	Date	Time

Medications		
Medication	Dose	When to take

Limit Substances	
Substance	Strategies

Limiting means

In the next 24 hours	
Time	Action

Triggers
1.
2.
3.
4.
5.

Warning Signs
1.
2.
3.
4.
5.

Helpful Strategies	

Reasons to Live
1.
2.
3.
4.
5.