



My Safety Plan

Remember: It is okay, to not be okay

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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.

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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: _____