



## Safety planning worksheet

### Step 1 –Warning signs

- a. What things **makes me feel** like I do not want to live? These could be either thoughts, feelings, or situations (e.g. memories, worries, feelings of shame, feeling like I lack meaning in life)

- b. What are the **first signs** that I notice when I feel this way? (e.g. I cannot sleep or eat, I feel very low, I have trouble coping with work or school, I don't like to be with others, I lose my faith)

- c. **When** do these feelings mostly happen? What specific times? (e.g. after I wake up, at night-time, anniversary dates, after certain events)

- d. What are the **situations** that can make me feel this way? (e.g. breaking up with a partner, conflict with others, events that happen in my country of origin)?



**Step 2 – Things that help me cope**

- a. When I do not have anyone around, what are the **things that I can do** to distract myself? (e.g. I pray, I meditate, I play music, I sing, I exercise, I watch good movies, I do house chores etc)

- b. Who are the **people that I can talk to** when I feel I cannot cope (e.g. family, friends, professionals involved in my care, community leader/member, spiritual/religious support, etc)?



### Step 3 – Making a safe place for myself

- a. Thinking about the things that make my home or situation more unsafe, **what changes** do I need to make right now? Also think of who could help you to make these changes. (e.g. I have access to knives and a gun: I can ask my friend to take these away from my home).

### Step 4 – Accessing help

- b. The **services I would like** to contact are..... and I will call these services **when**.....  
I know that I can call **TIS on 131 450** to **access an interpreter who can speak my language** when ringing any of these services.

#### For emergencies:

- Call 000
- Go to my nearest hospital, address .....
- Other: .....

#### For 24 hours/ 7 days a week support I can call:

- MH Call: Phone 1300 64 22 55
- Suicide Call Back Service 1300 659 467
- Lifeline 13 11 14
- BeyondBlue 1300 224 636
- Kids Helpline 1800 55 1800
- Other: .....

#### For non-urgent and/or specialise multicultural services:

- General practitioner or family doctor
- Queensland Transcultural Mental Health Centre 1800 188 189 or 3317 1234
- Queensland Program of Assistance to Survivors of Torture and Trauma 3391 6677
- World Wellness Group 3333 2100
- Harmony Place 0432 494 206
- Other: .....