

# My Plan for Life

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I promise myself if I start to think about suicide, or am in any other type of crisis, I will contact these family members or friends:

NAME: \_\_\_\_\_ PHONE: \_\_\_\_\_

NAME: \_\_\_\_\_ PHONE: \_\_\_\_\_

NAME: \_\_\_\_\_ PHONE: \_\_\_\_\_

I will also:

- Call my doctor or a suicide hotline, or go to a hospital if necessary.
- Remind myself that my brain is lying to me and making things seem worse than they are. Suicidal thoughts are not based on reality, they are a symptom of my mood disorder.
- Remember that my life is valuable and worthwhile, even if it doesn't feel that way right now.
- Stick with my prescribed treatment plan and remember to take my medications.
- Remember to call my health provider(s) if I don't feel safe or if I'm having problems.
- Get in contact with other people who have a mood disorder.
- Stay away from alcohol and illegal drugs.
- Have someone take away anything I could use to hurt myself.
- Stay aware of my moods, know my warning signs and get help early.
- Be kind to myself

What are the signs that I am in crisis?

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What are the signs that I need to go to the hospital?

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Which person or people would I prefer to help me in crisis?

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