

My Plan for Life

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?

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

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