

# HOLDING OF WRIST

PAIN CANNOT CURE PAIN. BUT LOVE CAN  
*Est 2008*



SUICIDE

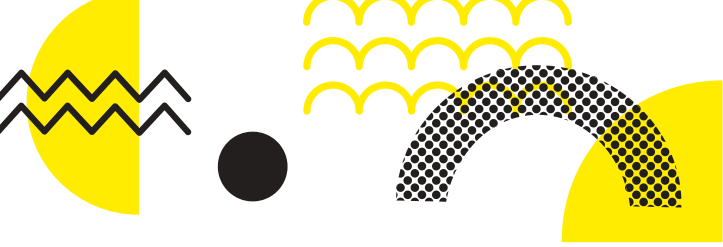
SAFETY

PLAN

COMPLETE THIS SUICIDE SAFETY PLAN WITH A FAMILY MEMBER, BEST FRIEND OR PROFESSIONAL WHILE YOU ARE IN GOOD HEALTH AND THINKING CLEARLY. PLEASE UPDATE EVERY 3 MONTHS OR AS CIRCUMSTANCES CHANGE. KEEP IN A SAFE PLACE EASILY ACCESSIBLE TO YOU.

TEXT: +1 804-552-3737

EMAIL: [INFO@HOLDINGOFWRIST.COM](mailto:INFO@HOLDINGOFWRIST.COM)



# YOU ARE WORTH IT.

## TAKE A MOMENT:

We realize that you are struggling right now, but it's important to remember that you are amazing, loved, and worthy of staying alive. You can make it through this today. It's important to be aware of your thoughts, but to not act on your current temporary thoughts. Use this Suicide Safety Plan to help you through this time. Customize it to your situation.



## DISTANCE YOURSELF:

Suicidal thoughts become stronger when you've consumed alcohol or drugs. Additionally, it's important to remove yourself from environments where you have access to things can be used to harm yourself.

## FOLLOW THROUGH WITH YOUR SAFETY PLAN:

Reflect on your reasons to live at a pre-planned safe place for you. Reach out to your contacts below and follow your plan. If this is not enough, reach out to a professional immediately.

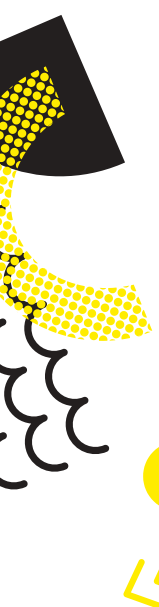


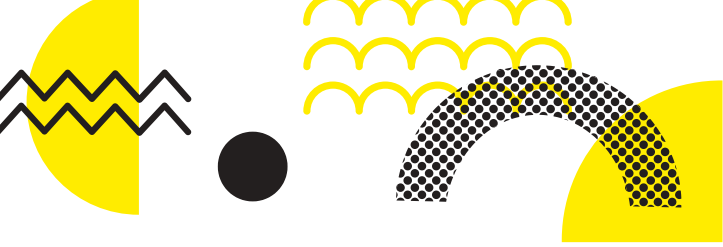
**STEP 1:** What are my warning signs that I may need to activate my plan such as certain thoughts or feelings?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**STEP 2:** Here are some ways I can take my mind off of my thoughts and self-sooth before contacting someone else such as a hot bath, listening to positive music, exercise, or meditation.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_





**STEP 3:** Here are some people I can call to distract me.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**STEP 4:** Here are some people I can call or hangout with to distract me.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**STEP 5:** Here are some people I can call and discuss my thoughts with them.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**STEP 6:** Here are local and online professionals I can call:

1) Name: \_\_\_\_\_ Emergency Number: \_\_\_\_\_

2) Name: \_\_\_\_\_ Emergency Number: \_\_\_\_\_

3) Emergency Numbers:

US, CAN, Bahamas: 911

Mexico: 060

UK, Ireland, Kenya: 999

More emergency numbers at [holdingofwrist.com/help](http://holdingofwrist.com/help)

India: 100

Australia: 000 (112 on cell phone)

Italy & Bali: 118

4) Online Professionals:

US: National Suicide Prevention Line 1-800-273-8255

UK Samaritans: 116 123

AUS: 13 11 14

CAN: 1-833-456-4566

**STEP 7:** If after all the prior steps I still feel suicidal I will go to the nearest emergency room. If I feel unsafe driving I will call the appropriate emergency number for my area and request transport.

The one thing that is most important and worth living is:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

