

Self-Harm Safety Plan

This one-page safety plan is designed to help you create reliable alternatives to self-harm. Keep it in an accessible place, practice items when calm, and review it regularly with a trusted person or clinician.

1. Warning Signs

What I notice first (thoughts, feelings, body cues): _____

2. First Steps I'll Try (in order)

Grounding:	_____
Sensory/self-soothe:	_____
Creative outlet:	_____
Movement:	_____
Delay routine (set a timer for ____ minutes):	_____

3. People I Can Contact

Name	Relationship	Best Way to Reach
_____	_____	_____
_____	_____	_____

4. What I Might Say

- "I'm having a hard moment. Can you stay on the phone for 10 minutes?"
- "I'm trying not to hurt myself. Can we check in now?"
- "Can you help distract me? I need 15 minutes."

5. Environmental Safety Steps

Objects to remove/secure: _____

Who can help with this: _____

Do not attempt to remove dangerous items alone if it feels unsafe. Arrange help from a trusted person or clinician.

6. If Nothing Is Working / I'm in Immediate Danger

Local emergency number / nearest ER: _____

National crisis resources (e.g., 988 in the U.S.) / local crisis line:

7. Clinician / Treatment Supports

Therapist / DBT program: _____

Contact info: _____

Next scheduled appointment: _____

Practice & review this plan with a clinician, friend, or DBT skills group. Update it regularly as you discover what works best.