Safety plan

Step 1. Warning signs:
1. 
2. 
3. 

Step 2. Internal coping strategies – What can I do to take my mind off my problems without contacting other people:
1. 
2. 
3. 

Step 3. People and social situations that can distract me from my problems:
1. Name __________________________________________ Tel. __________________________
2. Name __________________________________________ Tel. __________________________
3. Place __________________________________________ Tel. __________________________
4. Place __________________________________________ Tel. __________________________

Step 4. People I can contact for help:
1. Name __________________________________________
2. Name __________________________________________
3. Name __________________________________________

Step 5. Professionals and places of care I can contact in a time of crisis:
1. Name of the professional __________________________ Tel. __________________________
2. Name of the professional __________________________ Tel. __________________________
3. Crisis emergency support __________________________ Tel. __________________________

4. National crisis helpline: **09 2525 0113 (in Arabic and English)** on Mon, Tue at 11.00–15.00, Wed at 13.00–16.00 and 17.00–21.00, Thu at 10.00–15.00.
**09 2525 0112 (in Swedish and English)** on Mon, Wed at 16.00–20.00, Tue, Thu and Fri at 9.00–13.00

5. Name of emergency clinic __________________________
   Address of emergency clinic __________________________
   Telephone to emergency clinic __________________________

6. The general emergency number 112

Step 6. How can I make my environment safe for myself:

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____________________________________________________
____________________________________________________

Step 7. What are my reasons to live:

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____________________________________________________
____________________________________________________