

This safetyplan belongs to

Step 1. I will use this plan when I notice these things about myself:

What do you think and feel when things are getting worse but you haven't completely lost control yet?

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Step 2. I will then first do these things to calm down::

What sometimes helps you feel a little less bad? Choose simple things that you can do by yourself.

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Step 3. After that, I will go here to not be alone:

Where or with whom can you find company and distraction, without having to talk about your problems?

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Step 4. If that doesn't work, I will contact one of these people:

Who can listen best or remain calm? Who would you allow to send you a message in such a situation?

Name	Phone
Name	Phone
Name	Phone

Step 5. If necessary, I will call one of these caregivers or institutions::

Consider the GP or the GP post, your therapist, the crisis service, or emergency number 112.

Name	Phone within office hours	Phone outside office hours
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113 Suicide prevention ☎ call free 0800-0113 🗨 chat via 113.nl

Tip: Take a photo of your safety plan with your phone or put it in the free [BackUp app](#)

This is how I will make my environment safer:

Do you have a way in mind to end your life? Then make sure you cannot quickly access the things you need for that. Below you will find a number of things you can do in advance with those items to give yourself more time to make a decision in difficult moments.



Freezing or taping up



Give to someone else for safekeeping



Disable



Lock away



Attach something to it that reminds you of what you find valuable in life



Dispose



Keep in a hard-to-reach place



Separate and store the parts individually

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