



SUICIDALITY CRISIS PLAN

MADE BY MAX RUIN

THINGS TO DO TO CARE FOR MY PHYSICAL BODY

- Write here

ITEMS I NEED PHYSICALLY REMOVED FROM THE
SPACE I'M IN

-

THINGS TO DO TO CARE FOR MYSELF SPIRITUALLY

- Write here

THINGS TO DO TO CARE FOR MYSELF EMOTIONALLY

- Write here

SIGNS TO INDICATE ONCOMING CRISIS OR EXTREME STATE

- Write here

TRIGGERS

- Write here

WHAT ARE MY IMMEDIATE NEEDS

- Write here

WHO ARE SAFE PEOPLE TO CALL

Write here

DO NOT INVOLVE THE FOLLOWING PEOPLE

- Write here

WHAT CAN PEOPLE DO TO SUPPORT ME?

- Write here

MY SCRIPT TO TEXT OR CALL FRIENDS & LOVED
ONES WHEN I NEED SUPPORT

- Write here

THINGS THAT MAKE ME LAUGH

- Write here

THINGS THAT INSPIRE ME, HELP ME MAKE
MEANING, REMIND ME OF MY VALUES

- Write here

ACTIVITIES THAT HELP MY MOOD, MAKE ME FEEL CONNECTED

- Write here

GO TO THINGS TO EAT

- Write here

FOOD ALLERGIES, DIET, PREFERENCES

- Write here

PLEASE DON'T SAY

- Write here

THESE THINGS HELP TO HEAR

- Write here

MEDS & SUPPLEMENTS I TAKE DAILY, AMOUNT AND TIME

- Write here

MEDS & SUPPLEMENTS I TAKE AS NEEDED

- Write here

THE HARDEST PART OF FEELING SUICIDAL IS:

- Write here

LETTER TO YOURSELF, WRITTEN WHEN YOU'RE NOT
IN CRISIS

- Write here

HOW YOU WILL KNOW I AM DOING BETTER

- Write here

RESPONSIBILITIES I NEED SOMEONE TO TAKE ON
WHILE I'M IN CRISIS

- Write here