

# SUICIDE PREVENTION PLAN

Fill out the following plan when you're feeling well. Invite someone you trust—such as your best friend, a close family member, or your doctor/therapist—to do it with you. Familiarize yourself with it, keep it somewhere safe (ex: suicide prevention kit), and refer back to it when you begin to recognize your warning signs.



PASTE YOUR FAVORITE PHOTO HERE

**\* List your first signs of depression and/or typical triggers.**

---

---

---

**\* List your favorite, calming activities.**

---

---

---

**\* List places you can go.**

---

---

---

**\* List harmful things to remove from your environment.**

---

---

---

Local Hospital:

National Suicide Prevention Lifeline

800-273-8255



**\* Important Contacts:**

Contact 1

.....

Phone Number

.....

Contact 2

.....

Phone Number

.....

PCP and/or  
Therapist

.....

Phone Number

.....

Care Facility Ketamine Clinics Los Angeles

.....

Phone Number

310-270-0625

.....