

STAMP
OUT
STIGMA

Safety Plan After a Suicide Attempt

For someone who may have contemplated suicide, reach out to a mental health professional and develop a safety plan to prevent future crises.



Recognize what puts you at risk and what may act as a trigger. Develop coping strategies that you can practice on your own.

Surround yourself in an environment that makes you feel safe. Reach out to support systems and keep the Suicide & Crisis Lifeline **988** accessible.

