

NowMattersNow.org Emotional Fire Safety Plan

Select those that fit you, cross out those that don't, add your own. Based on research, and advice from those who've been there. Visit nowmattersnow.org/get-involved for most recent version, last updated 18.09.11 ©2018

ON FIRE

Direct advice for overwhelming urges to kill self or use opioids

— Shut it down —

Sleep (no overdosing). Can't sleep? Cold shower or face in ice-water (30 seconds and repeat). This is a reset button. It slows everything way down.

— No Important Decisions —

Especially deciding to die. Do not panic. Ignore thoughts that you don't care if you die. Stop drugs and alcohol.

— Make Eye Contact —

A difficult but powerful pain reliever. Look in their eyes and say "Can you help me get out of my head?" Try video chat. Keep trying until you find someone.

IN A FIRE

Things I Know How To Do for Suicidal Thoughts and Urges to Use (practice outside of crisis situations)

<input type="checkbox"/> Visit NowMattersNow.org (guided strategies)	<input type="checkbox"/> Opposite Action (act exactly opposite to an urge)
<input type="checkbox"/> Ice-Water and Paced Breathing (exhale longer)	<input type="checkbox"/> Mindfulness (choose what to pay attention to)
<input type="checkbox"/> Call/Text Crisis Line or A-Team Member (see below)	<input type="checkbox"/> Mindfulness of Current Emotion (feel emotions in body)
<input type="checkbox"/> "It makes sense I'm stressed and/or in pain"	<input type="checkbox"/> "I can manage this pain for this moment"
<input type="checkbox"/> "I want to feel better, not suicide or use opioids"	<input type="checkbox"/> Notice thoughts, but don't get in bed with them
<input type="checkbox"/> Distraction:	<input type="checkbox"/>

FIRE PREVENTION

Put Crisis Resources in Phone (take photo of this safety plan with phone and practice calling/texting)

<input type="checkbox"/> Suicide Prevention Lifeline 1-800-273-8255, Press 1 for Veteran and 2 for Spanish	<input type="checkbox"/> Trevor Lifeline (LGBT youth) 1-866-488-7386
<input type="checkbox"/> Crisis Text Line 741741 Help	<input type="checkbox"/> Trans Lifeline (transgender) 1-877-565-8860
<input type="checkbox"/> See nowmattersnow.org/help-line	<input type="checkbox"/> 911, ask for mobile crisis unit
<input type="checkbox"/> My3 safety plan app	<input type="checkbox"/>
<input type="checkbox"/> WarmLine.org	<input type="checkbox"/>

Keeping Myself Safe (address if relevant, as best as possible, as part of collaborative conversation)

<input type="checkbox"/> Guns locked up w/out key or combo (__ NA)	<input type="checkbox"/> Suffocation and overdose thoughts addressed (__ NA)
<input type="checkbox"/> Guns stored separately from ammunition (__ NA)	<input type="checkbox"/> Preferred suicide methods reviewed and addressed
<input type="checkbox"/> Guns stored outside of home (__ NA)	<input type="checkbox"/> Remove opioids from home (__ NA)
<input type="checkbox"/> A-Team supports these safety steps (__ NA)	<input type="checkbox"/> No one with or using opioids allowed in home
<input type="checkbox"/> Confirm steps with another person	<input type="checkbox"/> Remove or store prescription medications safely

The reason(s) I want to live or not use drugs _____

- Visible reminder (e.g., note to self or photo of loved one: phone background, gun case, med cabinet, car dashboard, wallet even after suicidal crisis has passed)

The #1 thing leading to suicidal thoughts or urges to use _____

Create an A-Team (people I can talk to about suicide, drug or alcohol or mental health struggles)

Can be healthcare provider, peer support, friend, family member or other

- Choose A-Team member(s) _____
- Message or call A-Team members, individually or as a group to let them know they are A-Team
- Discuss in advance what would be helpful in crisis ("I believe in you", support this plan, just listen, hospitalization or not)
- Decide how to ask for help effectively (be willing to take help, try to communicate before a crisis)

Watch Out for These

Things I'd Be Willing to Try

<input type="checkbox"/> Not sleeping	<input type="checkbox"/> Regular sleep for a week (8 hours nightly)
<input type="checkbox"/> Feeling really anxious or irritable	<input type="checkbox"/> Validate yourself, "my emotions make sense"
<input type="checkbox"/> Increased alcohol or drug use or relapse	<input type="checkbox"/> Talk to someone in recovery
<input type="checkbox"/> Being in frustrating and painful situations	<input type="checkbox"/> Make plans to get out of these situations
<input type="checkbox"/> Stop taking medication without support	<input type="checkbox"/> Go to scheduled appointments or schedule one
<input type="checkbox"/> Avoiding calls or messages	<input type="checkbox"/> Message an A-Team member a caring message
<input type="checkbox"/> Suicidal thoughts or images	<input type="checkbox"/>

NowMattersNow.org Emotional Fire Safety Plan (Additional Notes)

Select those that fit you, cross out those that don't, add your own. Based on research, and advice from those who've been there.
Visit nowmattersnow.org/get-involved for most recent version, last updated 18.09.11 ©2018

ON FIRE

Direct advice for overwhelming urges to kill self or use opioids

— Shut it down —

Sleep (no overdosing). Can't sleep? Cold shower or face in ice-water (30 seconds and repeat). This is a reset button. It slows everything way down.

— No Important Decisions —

Especially deciding to die. Do not panic. Ignore thoughts that you don't care if you die. Stop drugs and alcohol.

— Make Eye Contact —

A difficult but powerful pain reliever. Look in their eyes and say "Can you help me get out of my head?" Try video chat. Keep trying until you find someone.

IN A FIRE

Things I Know How To Do for Suicidal Thoughts and Urges to Use

Visit NowMattersNow.org	

FIRE PREVENTION

Put Crisis Resources in Phone

<input type="checkbox"/> Suicide Prevention Lifeline 1-800-273-8255, Press 1 for veterans, 2 for Spanish	
<input type="checkbox"/> Crisis Text Line 741741 Help	

The reason(s) I want to live and not use drugs _____

The #1 thing leading to suicidal thoughts or urges to use _____

Keeping Myself Safe

--

Create an A-Team (healthcare provider, peer support, friend, family member or other)

Possible A-Team members _____

Watch Out for These

Things I'd Be Willing to Try
