

FAQ

Why should I create a safety plan?

- It can be difficult to think clearly when experiencing a crisis. A safety plan can help you stay safe when you experience suicidal thoughts.

When should I create a safety plan?

- It is important that you create your safety plan when you are not in distress, so you have time to think through each step of the plan.

Who can help me create a safety plan?

- Your safety plan should be unique to you. While the app can be used on its own, creating your plan with a mental health provider can be helpful. If you aren't currently working with a mental health provider, you can call the 988 Suicide Crisis and Support Lifeline for help creating a Safety Plan.

How do I use a safety plan?

- Use your safety plan when you start to notice your personal warning signs, or whenever you think it might be helpful.
- Start at step one. If any step is not helpful, go to the next step. If the crisis improves after following a step, you may not need to finish the plan. You can also skip steps if you think you're in immediate danger, like skipping directly to emergency resources or professional help.
- You can share a copy of your safety plan with people you trust and your health care provider.

How private is my information?

- You do not have to enter any identifying information about yourself to use the app.
- Any information you choose to enter into the app, such as names, phone numbers or images, stays on the app. It cannot be accessed, stored or shared by VA. You have the option to share your safety plan with your health care team. Your data stays on your device unless you choose to share it.
- For more information, read the full privacy policy for VA mobile mental health apps: www.ptsd.va.gov/appvid/mobile/#privacy

For more information about other apps from the National Center for PTSD, please visit:

www.ptsd.va.gov/mobile

Do you have questions about Safety Plan? We would love to hear from you!

MobileMentalHealth@va.gov



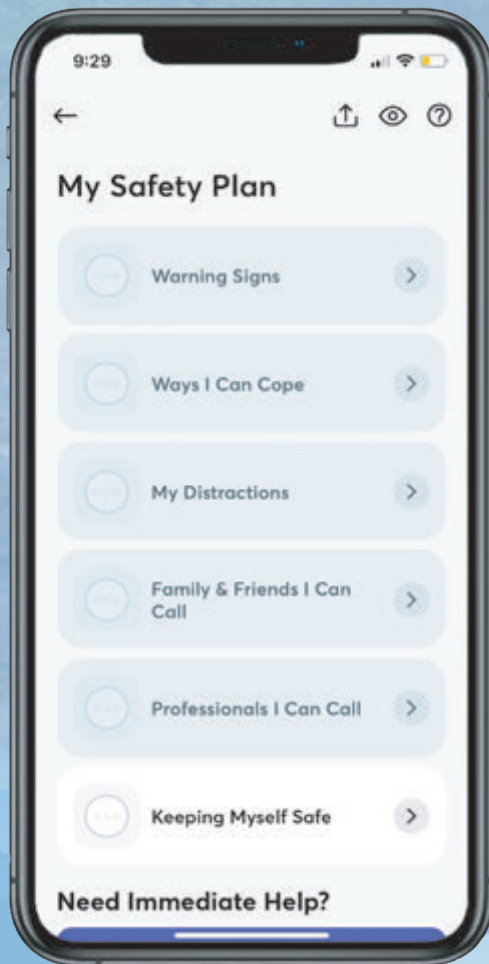
SAFETY PLAN

Safety Plan is a free and secure mobile app for anyone who has experienced thoughts of suicide or self-harm. The app helps you make a safety plan, share it with your loved ones, and use tools to manage distress.

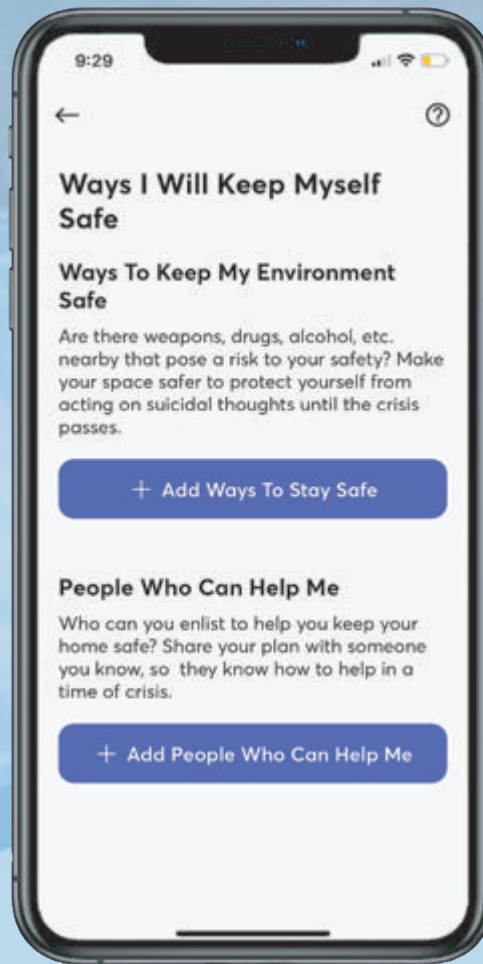


Available for mobile iOS devices (iPhone, iPod touch, and iPad) and Android phones and tablets.

CREATE A SAFETY PLAN

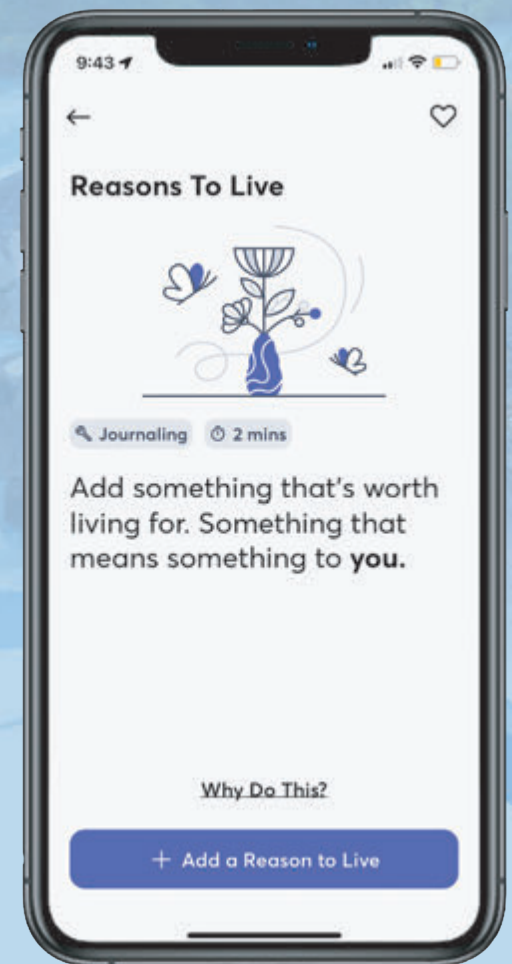


STEP 6: KEEP YOURSELF SAFE



- Create a custom, six-step action plan to help you cope with suicidal thoughts and feelings until they decrease and become more manageable
- Identify warning signs, ways you can cope with stress, places you can go for a distraction, and people you can call for help
- Use your safety plan whenever you need help and consider sharing it with health care providers and loved ones

ADDITIONAL FEATURES



- Put time and space between yourself and dangerous objects until a crisis passes – create your own or choose from a list of strategies, such as securing firearms and safely storing medications
- Identify people who can help keep you safe during a crisis
- Make a list of your personalized reasons to live and include photos, videos, or audio
- Try different coping strategies and activities
- Track your mood and other mental health symptoms
- Access crisis support resources