



Safety Plan

Create Your Safety Plan.



Build a plan to stay safe during suicidal feelings, thoughts or crises.

+ Create

Try This Exercise



Reasons to Live

Add something that's worth living for.

Get Support

Find the right number to call.



Safety Plan

For anyone who has
suicidal thoughts



Turn on your phone camera to
scan the QR code to learn more.

National Center for
PTSD
POSTTRAUMATIC STRESS DISORDER

ptsd.va.gov/mobile