

You Survived... Now What? A Road Map to Reclaiming Life  
Safety Commitment/Plan

I, \_\_\_\_\_ am committed to do whatever it takes to remain safe at all times. I deserve and want to live and remain safe because:

---

---

---

When I am feeling suicidal, having any other dangerous thoughts or feelings, or experiencing extreme physical symptoms, I will:

---

---

---

I will not:

---

---

---

The people I will reach out to for help are:

TO

Name

Phone number

<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>

If needed, I will call the suicide hotline at:

---

Sincerely committed to my safety:

\_\_\_\_\_  
Your signature