

ARE YOU OR SOMEONE YOU KNOW STRUGGLING WITH SUICIDAL THOUGHTS?

Creating a safety plan now can help you identify coping strategies and sources of support in a future crisis. Give suicidal thoughts time to decrease and become more manageable by having a list of:

- Warning signs that you may be headed toward crisis
- Ways you can cope on your own
- Distractions (places to go and people to call)
- Friends and family to call when you need help
- Professionals to call when you're in a crisis
- Ways to limit access to dangerous objects and keep yourself safe

Create a plan with your VA health care team or download the VA Safety Plan app at mobile.va.gov/app/safety-plan.



1-855-VA-WOMEN
www.womenshealth.va.gov



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