

PRACTICAL GUIDE · TEMPLATE TO FILL IN

My personal safety plan

A plan for difficult moments – written in a calmer hour. Ideally, fill it in together with a professional or someone you trust. Keep it where you can find it quickly: in your wallet, as a photo on your phone, next to your bed.

If you are in danger of harming yourself: call 144 now or go to the nearest emergency department. You don't have to get through this alone.

1 My warning signs

Which thoughts, feelings, images or situations tell me that a crisis is building up?

2 What I can do myself

What distracts or calms me without having to contact anyone? (e.g. movement, music, a shower, a breathing exercise)

3 People and places that distract me

Where am I not alone without having to talk about the crisis? Name and phone number, or place.

4 People I can ask for help

Who can I tell how I am really doing? Name and phone number.

5 Professionals and services

Therapist, GP, psychiatric emergency service in my canton – with phone number.

6 How I make my surroundings safer

What can I (with help) lock away, hand over or remove? Medication, weapons, other means.

7 What makes life worth living

People, animals, plans, values – what holds me?

Available around the clock

144

Ambulance

Danger to life, medical emergency

117

Police

Danger to you or others, violence, threats

112

European emergency number

Works even without credit or with a foreign SIM card

143

Die Dargebotene Hand

Talk around the clock, anonymously – also for relatives

147

Pro Juventute

For children and young people, around the clock

142

Victim support

After violence – for victims and relatives, around the clock

145

Tox Info Suisse

Poisoning, including medication

Psychiatric emergency service in your canton: see [krisenintervention.ch](https://www.krisenintervention.ch) › Help in your canton. This template follows the internationally used safety plan by Stanley & Brown, with the added step “What makes life worth living”. Swiss helplines answer mainly in German, French and Italian.