



SAFETY PLAN

Safety Plans are ways to help individuals stay safe and know where to get help in the event of an emergency. A safety plan can also be used when someone is having suicidal thoughts.

Below is an example of information that can be included in a safety plan. A safety plan should be individualized to meet the needs of the person, adding images and other visuals to the plan, keeping it somewhere easy to find, and reviewing it frequently.

An autistic-friendly safety plan may have much less text, may not be based on having a support network or people in their lives as the main source of support, and may include things such as supportive pets, colors, intense interests, or objects autistic people may be emotionally attached to.

It is recommended that the completed safety plan be posted somewhere the individual can see and access easily. It may be helpful to upload a version of the safety plan into a cell phone or tablet. One important factor to helping individuals to use the plan successfully is to review it frequently and to role play ways to say “no,” where to go to be safe, and telling others about what happened.

Things that help me to feel calm (pets, colors, objects, interests, activities):

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____

Things that make me uncomfortable:

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____

Signs that I might be uncomfortable or in a bad mood:

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____

Places I can go where I feel safe or calm:

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____

People I can talk to:

- 1. _____
- 2. _____
- 3. _____

Phone number: _____

Phone number: _____

Phone number: _____

* Include 988 for the National Suicide Prevention Hotline and 911 for Emergencies



PAautism.org

Pennsylvania's leading source of autism-related resources and information

877-231-4244

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