



## 1. These are signs I am struggling:

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## 2. Things I can do by myself when I am struggling:

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.....

*Things to avoid:*

## 3. Things I can do with others when I am struggling:

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.....

*Things to avoid:*

## 4. People (friends, family, ...) I can talk to about my suicidal thoughts:

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## 5. I can get professional help from:

Healthcare providers:

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.....

Helplines/Online help:

- Suicide hotline: **1813**  
Zelfmoord1813.be
- .....

In acute situations:

- General Practitioner (*on duty: 1733*)
- Emergency ward
- **112**

## 6. This is how I make my environment safe:

.....  
.....

## 7. This helps me to hold on:

.....  
.....

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