To wrap up, make a list of some of the positives about yourself that would be reasons to not harm yourself, and reasons to choose life. If you're having a hard time thinking of things, ask those who care about you to help come up with your list.

List of Positives About Self:

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Take gentle care of you. You are so worth it, and so valuable. Use this to remember you are worth the energy to take care of you. Hang in there.

MISSION

The mission of Hope Recovery is to make a positive difference in the lives of individuals by assisting them in their trauma recovery providing support, resources, committed volunteers, national leadership and standards of excellence.

VISION

Hope Recovery aspires to provide excellence in service and support while assisting individuals in achieving their recovery goals.

Hope Recovery Inc.

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Shepardsville, IN 47880

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Phone US: (765) 205-9977

Call outside the USA* can only be returned to landlines.

*Includes Guam, Puerto Rico and Canada.

Hope Recovery Inc.

Personal Safety Prevention Plan

Hope Recovery
Let the Healing Begin

You're Not Alone!

Personal Safety Prevention Plan

Struggling with thoughts of self-harm and suicide, it's important to have a plan to help you get through these times. I would encourage you to work on this plan with your therapist or physician.

Let's look at gathering as much positive information as possible. First off, identify as many positive things as you can come up with to do instead of self-harming.

15 Positive Things to Do:

Good. Now, let's come up with as many places as we can go that would be safe for us. For example, going to the library or church where we would be around people, and would be less tempted to hurt ourselves.

15 Safe Places to Go:

Awesome. Now, lets come up with as many possible people and places you can call to talk if you are needing help—even if just to tell them how much you are struggling. Supportive Friends, Therapists, and Physicians can be added.

15 People/Places to Call:

In the US—800-SUICIDE (800-784-2433)

Or 800-273-TALK (800-273-8255)

For those who are deaf or hard of healing, contact 800-799-4889

Internationally—www.befrienders.org