



The **Support & Safety Plan** is designed as a written tool for how you'll keep yourself safe if you have suicidal thoughts.

Please visit [preventsuicide.arizona.edu](https://preventsuicide.arizona.edu) to learn more about suicide prevention, support, and access to mental health resources.

**If you or someone you know is experiencing a life-threatening emergency, call 911 or go to your nearest emergency room. If you need immediate support, please utilize one of the crisis numbers below:**

<b>CAPS, 24/7 crisis assistance</b>	520-621-3334 (dial 1 after hours)	24/7 crisis support
<b>Pima County Crisis Line</b>	520-622-6000	24/7 crisis support
<b>Suicide Prevention Lifeline Chat</b>	<a href="https://suicidepreventionlifeline.org/chat/">https://suicidepreventionlifeline.org/chat/</a>	Internet or cellular data access required
<b>Suicide Lifeline</b>	1-800-273-8325	24/7 crisis support
<b>Crisis Text Line</b>	Text "HOME" to 741-741	24/7 crisis support
<b>Teen Lifeline</b>	1-800-248-8336	24/7 crisis support
<b>Teen Lifeline Text Line</b>	602-248-8336	M-F 12 noon to 9pm, Sat/Sun 3pm to 9pm
<b>Trevor Project</b>	1-866-488-7386 or text "START" to 678-678	24/7 LGBTQ+ support for teens and young adults
<b>Domestic Violence Hotline</b>	1-888-428-0101	
<b>Southern Arizona Center Against Sexual Assault</b>	1-800-400-1001	
<b>Tribal Warm Line</b>	1-855-728-8630	



**Signs that indicate I'm in trouble/struggling.** My thoughts, images, mood, situation, behavior that tell me that a crisis may be developing:

**Safety.** I will make my environment safe by:

**Things I can do to take my mind off my problems.** Suggestions: Writing in a journal, watching a movie, holding and stroking something soft, listening to music, going for a walk, reading, taking a bath or long shower, drawing, painting



CAMPUS HEALTH

**COUNSELING & PSYCH  
SERVICES**

<https://preventsuicide.arizona.edu>

**Supportive people/friends/family whom I can contact for help. If you don't have anyone to list, there are people ready to help on the first page.** Names and phone numbers:

**Friends or family I can contact and/or safe places to go that will provide me distraction and help me feel better:**

**The one thing that is most important to me and worth living for is:**