

# SAFETY PLANNING FOR CRISIS

Practical things I need others to do for me

When I am feeling well, I am

Things I can do for myself

Signs that I am in crisis  
and need intervention support

If I require medication,  
acceptable medications and why....

When I am showing these signs,  
I want the following people to support me

If I require medication,  
unacceptable medications and why...

I do not want the following people  
involved in my care

If I require treatment,  
the following services are acceptable to me...

What I want from my supporters  
when I am in crisis

If I require treatment,  
the following services are unacceptable to me...

What I don't want from my supporters  
when I am in

If I require treatment in a facility,  
the following are acceptable to me..

If I am in danger to myself or others,  
I want my supporters to

If I require treatment in a facility,  
the following are unacceptable to me...

**HERE**

ACON's LGBTQ+  
Suicide Prevention digital hub  
[here.org.au](http://here.org.au)

