

Safety plan and tips to help you or those close to you that are contemplating suicide:

Implement a 6-step safety plan:

1. Warning Signs
2. Internal coping strategies
3. Social contacts and who may distance from crisis.
4. Family member(s) or friend(s) who may offer help.
5. Contact professional agencies for help.

Your Safe Haven, Inc.

814-623-7664

Bedford-Somerset Developmental and Behavior Health Services (DBHS)

814-623-5166

Suicide and Crisis Hotline

988

6. Making the environment safe.