



**In this emergency plan, you are already keeping a record of what you can do to interrupt a suicidal crisis at an early stage.**

- On the left side you can find examples, on the right side you can write your own bullet points.
- Only write down things that are available to you and that are feasible for you.
- Ideally, you should prepare the emergency plan together with a specialist or with a trusted person from your personal life.

How will you know you should use the emergency plan? What are signs that it is becoming dangerous for you? The list helps to decide when to activate the plan.

*Examples: My suicidal thoughts abruptly become stronger; I find myself spending more than 10 minutes thinking about the methods I could use to kill myself; I get carried away with self-hatred*

List things that you know are good for you relax or distract you, and that you can do independently of others (day and night). What has helped you in the past?

*Examples: taking care of my pet, taking a cold shower, cooking, listening to music, painting or drawing, watching videos/series/movies, playing computer games, doing laundry, putting ice cubes in my mouth, chewing chili peppers, taking medication as needed, going for a walk, jogging or going to the gym, praying, encouraging myself.*

Write down activities, places or people that take your mind off things and distract you. These can also be people outside of your family and friends. Maybe your answers will be the same as in the previous question, maybe not - that's okay.

*Examples: going to a café, the movies, or the park; calling or meeting friends or acquaintances; exercising, jogging, or going to the gym; painting or drawing,*

Who is there for you in a crisis? Whose company is good for you? Make a list of names and phone numbers from your personal life. It should include more than one name in case the first person cannot be reached.

*Note: Let people know they are on your list for emergency contacts and ask if it is okay with them if you contact them in a crisis - this may be late at night or early in the morning.*

Make a note of how to keep your environment safe and list all the activities and situations you avoid until you feel better.

*Note: Some safety precautions should be taken before a crisis situation. For example, have only small amounts of medications at home; remove dangerous items; carry your emergency plan with you; and save your emergency numbers in your cell phone.*

*Examples: I do not watch movies that include difficult topics for me; I do not consume alcohol, cannabis, or other drugs; I do not meet people who are not good for me (name them); I do not go to stressful places or occasions (e.g., family gatherings).*

Write down the telephone numbers of your professional support network, e.g. the number of a telephone counseling hotline, the number of your therapist, or the number of your family doctor. Also make a note of where you can go in a crisis situation, e.g., to a local counseling center or to the nearest hospital with a psychiatric ward.

You can find support services in Berlin in the Help Finder at [www.suizidpraevention-berlin.de](http://www.suizidpraevention-berlin.de).

# My emergency plan

**My name:**

**I activate this emergency plan when:**

**This is what I can do right now:**

**This brings me distraction:**



**I am contacting this /these person(s)**

**I secure my environment and avoid stressful situations:**

**Here I can find professional help (phone number / address):**

emergency number Berliner Krisendienst / Berlin crisis service: +49 30 39063 – xx (final digits depending on city district – see page 2)  
emergency number Telephone helpline: 0800/111 0 111 ; 0800/111 0 222

## Emergency card to print and cut out

<div style="background-color: #f0c0c0; padding: 5px; border-radius: 10px; display: inline-block;"> <b>My emergency numbers</b> </div>	<p><b>Emergency services: day and night (Germany)</b></p> <table border="1"> <tr> <td>Ambulance</td> <td style="text-align: right;">112</td> </tr> <tr> <td>Police</td> <td style="text-align: right;">110</td> </tr> </table> <p><b>Telephone support and counseling</b></p> <table border="1"> <tr> <td>Berliner Krisendienst /</td> <td style="text-align: right;">+49 30 39063 ____ *</td> </tr> <tr> <td>Berlin crisis service in my city district</td> <td></td> </tr> <tr> <td>Telephone helpline</td> <td style="text-align: right;">0800 111 0 111</td> </tr> <tr> <td>Child Helpline</td> <td style="text-align: right;">116111</td> </tr> </table> <p>My fitting support service from the help finder of <a href="http://www.suizidpraevention-berlin.de">www.suizidpraevention-berlin.de</a></p>	Ambulance	112	Police	110	Berliner Krisendienst /	+49 30 39063 ____ *	Berlin crisis service in my city district		Telephone helpline	0800 111 0 111	Child Helpline	116111
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<p>My trusted personal contacts:</p> <hr/> <hr/> <p>My family doctor:</p> <hr/> <p>My therapist:</p> <hr/>	 												

\* Berliner Krisendienst / Berlin crisis service for my city district : +49 30 39063- \_\_\_\_\_ \*

- 10 (Mitte/ Friedrichshain-Kreuzberg)
- 20 (Charlottenburg-Wilmersdorf)
- 30 (Spandau)
- 40 (Pankow)
- 50 (Reinickendorf)
- 60 (Steglitz-Zehlendorf / Tempelhof-Schöneberg)
- 70 (Lichtenberg / Marzahn-Hellersdorf)
- 80 (Treptow-Köpenick)
- 90 (Neukölln)