

Safety Plan for Individuals with Autism

Safety Plans are ways to help people stay safe. It helps them know where to get help in the event of an emergency. A safety plan can also be used when someone is having suicidal thoughts.

Below is an example of information that can be included in a safety plan. A safety plan should be individualized or specific to meet the needs of the person. It can be completed with words, images, or visuals. It should also be kept somewhere easy to find and reviewed often.

An autistic-friendly safety plan might have little text. It may not be based on having a support network or people in their lives as the main source of support. It may include things such as supportive pets, colors, intense interests, or objects autistic people may be emotionally attached to.

It is recommended that the completed safety plan be kept somewhere the individual can see and access easily. It may be helpful to upload a version of the safety plan into a cell phone or tablet. One important factor in helping individuals to use the plan successfully is to review it frequently and to role-play ways to say “no,” where to go to be safe, and telling others about what happened.

Things that help me to feel calm (pets, colors, objects, interests, sounds, activities):

1. _____
2. _____
3. _____
4. _____
5. _____

Things that make me uncomfortable:

1. _____
2. _____
3. _____
4. _____
5. _____

Signs that I might be uncomfortable or in a bad mood:

1. _____
2. _____
3. _____
4. _____
5. _____

Places I can go where I feel safe or calm:

1. _____
2. _____
3. _____
4. _____
5. _____

People I can talk to:

- | | |
|----------|---------------------|
| 1. _____ | Phone Number: _____ |
| 2. _____ | Phone Number: _____ |
| 3. _____ | Phone Number: _____ |

* Include 988 for the National Suicide Prevention Hotline and 911 for Emergencies.