

Suicide Prevention Worksheet

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Name: _____ Date: _____ dd / mm / yyyy

This worksheet is designed to help you reflect on your thoughts, feelings, and experiences in a safe and supportive way. It's okay to feel overwhelmed, and taking the time to work through these questions can help you better understand yourself and identify sources of hope, strength, and support.

How are you feeling today?

What are the hardest things you're dealing with right now?

Think of a time when you felt happy or hopeful. What was happening?

If you could talk to someone about how you're feeling, who would it be?

What are some things that help you feel calm or better when you're upset?

When things are tough, what has helped you get through them in the past?

What are three things you like about yourself?

What do you think others appreciate about you?

What are some reasons you want to keep going?

What could you do right now to feel safer or more in control?

Who can you reach out to if you feel overwhelmed?

What will you do if you feel like you might hurt yourself?