

Personal Safety Plan (Curaçao) — English

Based on the 113 Safety Plan (Stanley & Brown model). Keep it simple and realistic.

Name and date

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Step 1 — Warning signs (how I notice it’s getting worse):

Examples: changes in thoughts, feelings, body, sleep, actions. Be concrete.

Step 2 — Things I can do on my own to feel safer/calmer:

Simple actions I can do by myself (breathing, walking, music, cold water, grounding, journaling).

Step 3 — Places/people for company and distraction (no heavy talk required):

Where can I go / who can I be with so I’m not alone? (e.g., library, friend’s house, public place).

Step 4 — People I can talk to about how I’m doing (add phone numbers):

Step 5 — Professionals & services I can contact:

Use local options first. If in immediate danger, call 912 (Ambulance) or 911 (Police/Fire).

Personal Safety Plan (Curaçao) — English (continued)

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Youth line — 918 (≤25 yrs)

Chat & phone hours: Mon–Fri 10:00–18:00, Sat 12:00–18:00

Website: <https://918.cw>

Netherlands helpline — 113 (24/7, Dutch/English)

Website: <https://www.113.nl/english>

Step 6 — Make my surroundings safer (lethal means safety):

Plan how to reduce access to medications, sharps, ropes, firearms, etc. (lock up, remove, store elsewhere).

My crisis commitment (optional):

If I feel at imminent risk (plan + means + timing), I will: (a) stay with someone or ask someone to stay; (b) remove access to means; (c) call

Quick numbers (Curaçao):

Emergency: 912 (Ambulance) • 911 (Police/Fire) • CMC ED: 910

Youth support up to 25: 918 (chat/phone hours: Mon–Fri 10:00–18:00, Sat 12:00–18:00)

918 website: <https://918.cw>

113 website: <https://www.113.nl/english> (24/7 chat/phone)