

# Suicide Safety Plan

## Patient Information

First Name:

Surname:

Date:

**Overview:** A suicide safety plan is developed between a person at risk of suicide and their healthcare provider, counselor, or therapist. Its main purpose is to provide a set of steps that the person can follow if they're experiencing suicidal thoughts to keep them safe.

While specific plans can vary based on the individual's needs and circumstances, a typical Suicide Safety Plan may include the following steps:

Step	Description
<b>1. Recognize Warning Signs</b>	Identify specific thoughts, feelings, behaviors, situations, or events that signal a suicidal crisis might be developing. This is personalized to the individual's experience.
<b>2. Use Internal Coping Strategies</b>	List activities and actions that can be done without involving anyone else. This could include things like meditation, listening to a specific playlist, going for a walk, or other strategies that have worked in the past.
<b>3. Socialize with Others who May Distract from the Crisis</b>	Identify individuals or social settings that can provide a distraction. This could include close friends, family members, or even public places like a park or café. The focus here is not on seeking help but creating a positive distraction from the crisis.
<b>4. Contact Family Members or Friends who May Offer Help</b>	List people aware of the situation and can provide emotional support and help during a crisis. This might include close family members, friends, or mentors.
<b>5. Contact Mental Health Professionals or Agencies</b>	Include a list of healthcare providers, local emergency rooms, crisis hotlines, and other resources available for immediate support. This should include names, phone numbers, and addresses, if applicable.
<b>6. Ensure a Safe Environment</b>	Discuss and outline steps for reducing access to lethal means of self-harm. This can include securing or disposing of medications, firearms, or any other identified means.
<b>7. List Reasons for Living</b>	Identify the individual's reasons for living, which can serve as reminders during a crisis. These can include family members, future goals, pets, or anything else that provides hope and motivation.

**Notes:**

*Remember that this is an ongoing process, and the plan should be reviewed and updated regularly, especially following any changes in circumstances, suicidal ideation, or following a crisis. Also, it's critical to keep this plan easily accessible at all times, such as saving it on a phone, keeping a hard copy in a wallet or purse, etc.*