

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
1. Recognize Warning Signs	Identify specific thoughts, feelings, behaviors, situations, or events that signal a suicidal crisis might be developing. This is personalized to the individual's experience.
2. Use Internal Coping Strategies	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.
3. Socialize with Others who May Distract from the Crisis	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.
4. Contact Family Members or Friends who May Offer Help	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.
5. Contact Mental Health Professionals or Agencies	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.
6. Ensure a Safe Environment	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.
7. List Reasons for Living	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.