

Suicide Safety Plan

PATIENT INFORMATION

First Name: _____ Surname: _____

Date: _____ dd / mm / yyyy

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.

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: