

Promoting Safety With Familiar Individuals

Promoting safety with familiar individuals means assessing immediate safety during every conversation.

Step 1: Assess immediate safety

Step 2: When safety is a concern for a familiar individual, safety planning may involve additional or slightly different steps:

- **Ask** → Inquire about a previous safety plan
- **Clarify** → Find out if they have tried using their safety plan and if it was helpful
- **Consider Alternatives** → Collaborate on alternative ideas and strategies that may not have been tried before
- **Set Small Goals** → Brainstorm about smaller goals that feel achievable if previously set ones are overwhelming
- **Explore Supports** → Explore what previous or current supports the person has, and whether new supports might be added to their safety plan
- **Empower** → Encourage each person to use the sources of support that feel most helpful, and empower them to advocate for themselves and explore new sources of support if it makes sense for them

For information go to the training Individuals Familiar to the 988 Lifeline. (10/25/23)



The **988 Suicide & Crisis Lifeline** provides free and confidential emotional support and crisis counseling to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week, across the United States and territories.



For 50 years, **Vibrant Emotional Health** has been at the forefront of promoting emotional wellbeing for all people. Vibrant administers the 988 Suicide & Crisis Lifeline, funded by SAMHSA, providing 24/7, free, and confidential support for people in emotional distress across the United States and territories.