



# HOW TO MAKE A SAFETY PLAN

1

## DID YOU EMPATHICALLY ASSESS?

What are the risk factors and warning signs that we need to address? Does the person in crisis feel supported?

2

## DID YOU EXPLORE?

How have they tried to cope so far? What is available to them for support? What are they willing to do?

3

## ARE YOU WORKING TOGETHER?

Remember that this is a collaborative process. You are here to support them in building a plan, not to "fix."

4

## HOW ARE YOU FEELING?

It's normal to feel anxious about "getting it right." Remember to take your time and consult for support if you're feeling lost.

# NOW YOU ARE READY TO MAKE A PLAN

## STEP 1: WARNING SIGNS

- ☐ What are you experiencing physically (sweating, heart racing, racing thoughts) when you start to think about suicide?
- ☐ What's usually going on around you when these thoughts come up?

## STEP 2: INTERNAL COPING STRATEGIES

- ☐ What is something you'd be able to do, if these thoughts came up again, to help keep yourself from acting on them?
- ☐ What might get in the way of you being able to use these coping skills?

## STEP 3: DISTRACTIONS

- ☐ Who is someone that helps take your mind off things when you talk to them?
- ☐ Are there people or places that are a good distraction for you when you're feeling this way?

## STEP 4: PEOPLE WHO CAN HELP

- ☐ Who do you think you could go to during a crisis?
- ☐ You've brought up your [**support person**], how would you feel about reaching out when you start to think about suicide?

## STEP 5: PROFESSIONALS OR AGENCIES

- ☐ Are there any mental health professionals or health care providers that could be supports for you?
- ☐ It sounds like you might be interested in finding more support in your area. Would you like me to look into that and share some resources with you?

## STEP 6: MAKING THE ENVIRONMENT SAFE

- ☐ Earlier you mentioned that you were thinking of using [**means**] to take your own life. Can we talk about how we can make your space safer for you?
- ☐ And going forward, how do you feel about continuing to [**action regarding lethal means safety**]?