Key Terms

3P: Help-Seeker reaching out for support on our crisis line (person we're talking to).

1P: Person currently in crisis.

Assess 3rd Party's Immediate Safety

- Has the 3P had any thoughts of suicide in the past few days or today?
- Has the 3P taken any action to harm themselves today?

Assess 1st Party's Immediate Safety

- Is 1P currently experiencing thoughts of suicide?
- Do they have a plan for suicide?
- Have they already taken any action to harm themselves?
- Where are they now / Are they in a safe place?

If YES to either (3P and/or 1P), continue safety assessment for 3P & 1P. If either is at imminent risk...

Suggest 3P engage mobile crisis or call 911 (depending on situation) or ask if they can safely get themselves or the 1P to a hospital. (Possible follow-up, if time.)

If NO (for 3P and 1P) or if 3P is unsure about 1P's safety...

What kind of support is the 3P looking for from SPC?

Would they be comfortable reaching out to 1P?

If 3P is not comfortable talking to 1P...

If 3P \emph{is} comfortable talking to the 1P...

Address their expectations. Dispel common myths.

 An exact phrase will not fix or completely remove suicide thoughts but we can explore and talk about what options for support could be available depending on their situation.

Explain SPC services and limitations.

- We cannot do what is beyond the scope of the agency but we can coach them if interested.
- SPC cannot make outgoing cold

Explore boundaries. The 3rd party may not want to get involved in order to protect themselves (i.e. harmful relationship, restraining orders, etc.).

Recruit others if necessary or provide appropriate resources if

they are not open to coaching (i.e. websites for caregiver support, numbers to their local ACCESS or FIT).

Tackle stigma, fears, and myths if necessary.

Ask each safety assessment question and explain the significance of the answers as you go along.

Explain how to seek emergency services if they assess imminent risk.

Validate their efforts and willingness to help the 1st party!

Check-in on their emotional state.

Safety planning with a 3rd party = confirming what they will do regarding the 1st party and exploring how they can take care of themselves.

- "You mentioned they're your [relationship to 3P], can you tell me a little more about your relationship with them?"
- "I can teach you how to talk about suicide and it will help you gauge their safety level. Would you be open to that?"
- "People sometimes fear talking about suicide because they're afraid of making it worse. It's a common fear, but research shows that talking about suicide directly can actually help alleviate the person's crisis so they are less likely to attempt suicide."
- "Asking if they have a suicide plan can help you get a better idea of how far their thoughts have gone. If they do have a specific plan (method, access to the means & timeline), you can now think of a way to dismantle that plan."
- "We've covered a lot of information and it can be overwhelming to take in when you're worried about them. How are you feeling?"

Resources/Next Steps:

- Options: Possible 3 way call with 3P and 1P; follow-up if appropriate.
- 3P can provide the 1P with the Lifeline number: 988. Either party can always reach out to us 24/7.
- We can provide the number to local mental health ACCESS, mobile crisis dispatch or other lines (ex: substance use disorder crisis).
- Always mention 911 or local emergency rooms are options if they believe the 1P is in imminent danger.
- <u>suicideispreventable.org</u> Warning signs examples and tips on how to talk about suicide/safety assess for risk level
- <u>suicideisdifferent.org</u> Information and guide for caregivers.
- mysafetyplan.org Guided process in creating safety plan (can be used for 3P or 1P)
- 988lifeline.org/help-someone-else/support-on-social-media resources for individuals concerned about a social media posts
 - bethe1to.com/bethe1to-steps-evidence 5 steps to help a person at risk for suicide.