

Safety Planning

Safety plans are designed to keep people safe if they have attempted to harm themselves, or had thoughts of doing so. Safety planning help reduce the possibility of a harm or suicide attempts.

Designing a Safety Plan

Youth should work with a clinician on a safety plan first. Caregivers should be aware of and contribute to the safety plan. The Stanley Brown Safety Plan template is the best guide for creating this document.

- > Identify and clarify triggers, such as an argument, that are specific to suicidal crises.
- > List warning signs (thoughts, images, feelings) that signal situations that may lead to self-harm
- > Individual coping skills - what activities the person can do on their own to stay safe
- > Social supports - who will the person reach out to if they are struggling
- > Crisis phone lines and text messaging services should be included
- > Identify potential obstacles to using the safety plan and think about ways to solve them
- > Make sure those who spend lots of time with your child are aware of the safety plan

Home Safety Recommendations

1. Maintain a "low-key" environment at home and try keep routines as regular as possible.

2. Secure and lock up all materials that could be used by your child to attempt suicide, including:

- Medications
- Sharp objects like knives and razors
- Strangulation hazards like belts, cords, and ropes
- Firearms and ammunition

3. Continue to follow typical house rules, but pick battles appropriately. For example:

- Immediately intervene in aggressive/dangerous behaviors
- It may be wise to ignore oppositional word choice

4. Supervise the child at all times until the crisis is resolved.

5. Encourage your child to keep attending school, unless otherwise stated by your provider.

6. Make sure that you and your child attend the next scheduled appointment with their mental health provider.

7. Administer any medications that were prescribed for your child by their medical or psychiatric provider.

8. Prevent boredom and negative thinking by planning for how time will be spent all day.

9. In the event of another crisis, please call or text 988 or chat 988lifeline.org.

988 offers 24/7 access to trained crisis counselors who can help people experiencing thoughts of suicide or crises involving mental health or substance use.

988 serves as a universal entry point. No matter where you live in the United States, you can reach a trained crisis counselor who can help.



Scan the code for a safety plan template.