

# Safety Planning



## A brief intervention to mitigate suicide risk



### 3 Social Contacts as Distraction

Identify people & social settings that mitigate risk by distracting from suicidal thoughts/urges. Patient will not share with these individuals about his or her suicidal thoughts and/or urges.

**ASK!** "Who or what social settings help you take your mind off your problems at least for a little while?"



### 1 Triggers, Risk Factors and Warning Signs

List warning signs (thoughts, images, emotions, physical sensations and/or behaviors), triggers, proximal risk factors, and activating events using patient's own words.

**ASK!** "How will you know when you are in crisis and that the safety plan should be used?"

### 2 Internal Coping Strategies

Identify independent coping strategies that serve to mitigate risk by distracting from suicidal thoughts and urges.

**ASK!** "What can you do on your own to help you to stay safe and not act on your thoughts or urges?"



### 4 Family & Friends

Identify family members and friends that can help to resolve the crisis.

**ASK!** "Among your family or friends, who do you think you could contact for help during a crisis?"



### 5 Professionals & Agencies

Identify professionals & agencies that provide assistance during a crisis, including treating provider. Include information about how to access emergency services.

**ASK!** "Who are the mental health professionals or professional peer supports who should be included in your plan?"



### 6 Making the Environment Safe

Collaboratively identify ways to secure or limit access to lethal means.

**ASK!** "How can we go about developing a plan to limit your access to these means?"



### REMEMBER!

1. Assess the likelihood that the Safety Plan will be used
2. Discuss the location of the Safety Plan
3. Modify as needed

### STAYING SAFE

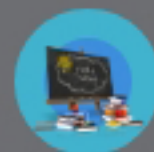


### SOURCES

Stanley, B., Brown, G. K. with MacRae, F., Rotolo, C. A., Hughes, G., Mina, L. & Barry, C. N. (2018). *Safety Planning Intervention Manual: Veteran Version*. Washington, D.C.: United States Department of Veterans Affairs.

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