Safety Planning

A brief intervention to mitigate suicide risk

**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:** "What are the social strategies that help you take your mind off your problems at least for a little while?"

**Family & Friends**
Identify family members and friends that can help resolve the crisis.

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

**Professionals & Agencies**
Identify professionals & agencies that provide assistance during a crisis, including health 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?"

**Triggers, Risk Factors and Warning Signs**
List warning signs, thoughts, images, emotions, physical sensations and/or behavioral 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?"

**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 stay safe and not act on your thoughts or urges?"

**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?"

**STAYING SAFE**

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

**SOURCES**