

Safety / Support Plan for suicidal ideation

A safety/support plan is a document to help both the first aider and the client to be more aware, more able to proactively manage, and more able to respond to mental health challenges and stressors in the field. It is written from the client's perspective ("I"). Both the first aider and the client should keep a copy of the plan and refer to it.

Awareness

This is a plan for (name):

Date:

First aider / supporter name:

Warning signs / scenarios (e.g. when and where am I likely to experience thoughts of suicide?):

Responses

Healthy emotional coping strategies

("Lizard Brain Interventions" I can do to help the feelings to pass):

Healthy rational strategies

("Wizard Brain Interventions" I can do to help empower & problem-solve):

Are there any **negative thought spirals** or **cognitive distortions** that are not helpful to me?

→ What can I remind myself of or how can I challenge these thoughts when they come up?

SMART goal (*Specific, Measureable, Achievable, Relevant, Time*), baby steps, or other problem-solving idea:

Self-Care

Specific ways I will practice good self-care

(e.g. exercise, nutrition, sleep, water, boundaries, etc):

Physical Safety

Things I will do to **help keep myself physically safe** (e.g. limiting access to dangerous objects or places):

Resources

Resources / people here in the field I will talk to when I have thoughts of suicide:

→ Optional: **how to get their attention** (e.g. a code phrase):

Professionals / agencies / other supports (when I go home or in the medium to long term):

→ Local Mental Health / crisis talk or text line:

→ Local counselling agency:

→ Other (e.g. social / community connections):

When will I know it's time to call a crisis line or EMS?

Reasons to Live

One or more things, persons, or goals that are most important to me and worth living for:

