

# 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.

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?):

**Healthy coping strategies** (safe activities / interventions I can do to help the feelings to pass):

Are there any **negative thought spirals** (e.g. cognitive distortions, catastrophizing, assuming) I have identified?

→ "Reframes", or realistic **healthy alternative thoughts** I can remind myself of in this case:

Specific ways I will practice good **self-care**  
(e.g. exercise, nutrition, sleep, water, boundaries, etc):

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

**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 chat line:

→ Local counselling agency:

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

**One thing, person, or goal that is most important to me and worth living for:**

