

SAFETY PLAN

DEALING WITH DEPRESSION WITH UNSAFE THOUGHTS & FEELINGS

It can be difficult to discuss emotions if you aren't used to it. It becomes especially difficult when thoughts about hurting yourself or no longer being alive are present. This symptom of depression is one that someone in treatment's support system can help monitor and help them develop the skills to recognize when symptoms are getting worse. Using safety numbers is easier than using words to describe the feelings that are happening. The goal is to encourage the activity associated with the number shared. If the number dips to a 4 or below, be sure to inform a trusted adult/parent and do the associated activity together. Emergency numbers have been included in the chance that you find yourself in an emergency situation and need support.

Safety level :

10: No unsafe thoughts present.

Skill: Not needed

9: Fleeting thoughts, easy to distract self

Skill: Play social video games

8: Fleeting thoughts, easy to distract self

Skill: Write something

7: Occasional thoughts, need some distraction

Skill: Go for a Bike Ride

6: Occasional thoughts, need some distraction

Skill: Go Hiking with a friend/family member

5: Occasional thoughts, need some distraction

Skill: Write something

4: Frequent thoughts, need help with distraction

Skill: Play a game with parent or trusted adult

3: Frequent thoughts, need help with distraction

Skill: Sleep in the same room, do not leave alone

2: Constant thoughts, unable to commit to staying safe

Skill: Go for an emergency assessment

1: Constant thoughts, unable to commit to staying safe

Skill: Pursue inpatient hospitalization

Emergency Numbers:

[National Suicide Prevention Lifeline](#) Call 1-800-273-8255 (includes online chat)

Local Emergency number: Merrifield Center 703 559 3000

Mobile Crisis Unit: 703 573 5679

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