

Safety Plan

Think of the most recent suicidal crisis. Write a one to two sentence description of what triggered the suicidal crisis.

Triggers

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Suicidal thoughts and behaviors: What are the thoughts, emotions, or behaviors that let you (and those around you) know that you were in crisis?

Suicidal Thoughts Behaviors

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Internal coping: What can you do on your own to distract yourself from suicidal thoughts? What do you like to do? What have you done in the past?

Internal Coping

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External coping: Who can help distract you from your suicidal thoughts?

External Coping

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Plan: List your coping strategies from above, starting with the most enjoyable.

Safety Plan

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I agree to remove lethal means from the house _____ (initials)

Emergency numbers I will call in the event that my suicidal thoughts continue or get worse after using the coping strategies listed above:

People to call

- Safe and trusted adult: _____
- School personnel: _____
- National Suicide Prevention Lifeline: 1-800-273-TALK (8255)
- 911

If no one is available and I have tried all of the coping strategies listed above, and still I believe I might do something to end my life, I will go to the emergency room _____ or call 911.

By signing below I agree that I have been part of the creation of this safety plan and that I intend to use it when I am having thoughts of suicide. I realize that my signature below does not make this a legal contract, but rather a plan for my continued well-being and happiness.

Student	Signature	Date
School Personnel / Credential	Signature	Date
Supervisor/Administrator / Credential	Signature	Date
Parent / Guardian	Signature	Date