

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"). Questions may be adapted to client and context. Both the first aider and the client should keep a copy of the plan and refer to it. Consult and/or evacuate if concerned about risk of suicide. Connection is the correction.

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

Lizard Brain Interventions

Healthy emotional strategies: cope, regulate the nervous system

e.g. *breathing, exercise, directed sensory attention, mindfulness, cognitive distraction, tapping, prayer, smudge, rhythmic/repetitive/relational activities?*

Wizard Brain Interventions

Healthy rational strategies

Are there any **negative thought spirals** or **cognitive distortions** I get stuck in that are not helpful to me? If so, what can I remind myself of (evidence, logic, healthy alternative thought 🧙)?

Other problem-solving strategy: *Baby step ladder? SMART goal? Other?*

Self-Care

Specific ways I will practice good **self-care**

(e.g. nutrition, hydration, movement, sleep, boundaries; other personal, spiritual or physical practices):

Physical Safety

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 can talk to:

→ 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):

→ 24/7 mental health / crisis chat line:

→ Local therapist or counselling agency:

→ Other (e.g. positive family / social / community / spiritual / cultural / recreational connections – *connection is the correction!*):

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:

