



Safety Planning Reference

Developing a written plan for what you'll do in a crisis situation (safety planning) is recommended to all healthcare settings as standard care for someone following a suicidal crisis.

You can use this worksheet to help you make or improve a safety plan.

In Lesson 2 (Procrastinate) you completed the “BreakSheet” pictured here.

Take a Break from Thinking

You can “get out of your head” by focusing on the senses. See the instructions below the table.

write:	My senses	
	I like to look at...	1. 2. 3.
	I like to listen to...	1. 2. 3.
	I like to touch...	1. 2. 3.
	I like to smell...	1. 2. 3.
	I like to taste...	1. 2. 3.

Instructions for making your personal procrastination list:

- Think about how you react when you are using your senses. Which one do you get most “carried away with?” In the column called “favorites” mark the box next to that one.
- For each sense, write up to three (3) things that you like. Making it specific is better.
- For each sense, circle the thing that would be the easiest for you to get.
- For the easiest thing in your favorite sense, make it a double or triple circle. This is your priority number one.
- Extra Credit: Share your list with one or two people you trust who might be able to help you get distracted.

You can put the items on your list into two categories: things you mostly do by yourself, and things you mostly do with other people.

Use the list of things you do by yourself to complete a safety plan section on “**internal coping strategies**” or “**calming skills**” or “**distress tolerance**” or “**distractions.**”

Use the list of things you do with others to complete a safety plan section on “**social settings that provide distraction.**” If you decided on a couple of people who might be able to help you stay distracted, then you can add their contact information here.

Step 2) Choose who you're going to share this with. Pick someone who will be understanding and supportive (ideally someone you have in-person contact with): **I'm going to share this commitment with...**

- 1) _____
- 2) _____
- 3) _____

In Lesson 5 (Choice) you completed the worksheet about making a commitment to live, including a list of people who would share that commitment with. Use that list to complete the safety plan section on “**who you can call for help**” or “**support persons.**”

Step 2) We're going to make a super-simple Pre-Planning Plan.

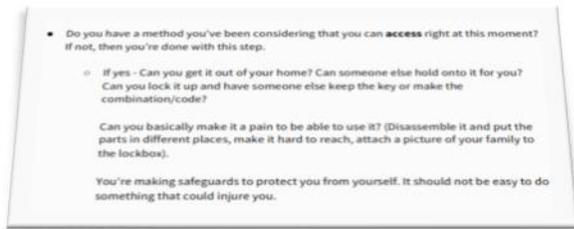
Please complete the following sentence:

Before I start doing anything in a suicide plan, I'm going to get a second opinion by talking to _____

Here are some suggestions for that blank space:

Pick someone you trust. It could be a therapist, psychiatrist, primary care doctor, friend, family, priest, coach, or roommate for example. You could put the National Suicide Prevention Lifeline (800-283-8255) or the Crisis Textline (741741). Pick someone who will listen with care and offer good advice about what you might try next. You can also pick more than one person/resource. You're worth it.

In Lesson 1 (Pause) you decided on someone you would trust to talk to before doing anything in a suicide plan. You also got contact information for the National Suicide Prevention Lifeline (800-273-8255) and Crisis Text Line (text “help” to 741741). Those two resources along with any professionals who you could talk to for a “second opinion” can go in the safety plan section on “**professionals or agencies to contact in case of a crisis**” or “**emergency contacts.**”



In Lesson 1 (Pause), there was a section on access to a method you were considering for suicide. The steps you decided on for making the method much harder to use will go in the safety planning section called “**making the environment safer**” or “**access to lethal means.**”

Because the Lived Experience Academy focuses on positive and life-affirming information we don't have a worksheet that applies here.

However, take a moment to reflect on the thoughts, images, feelings, and situations that made you feel like you needed to end your pain right away.

- *What made it hard to pause?*
- *What would you have wanted distraction from?*
- *What made death look like a better option than living?*

Use your reflections to help complete the safety planning section called “**Warning signs.**”

Note that this information is important to be aware of and that is why it usually at the top of safety plans templates.

At the Lived Experience Academy we want you to be aware of what brings you down, but spend the majority of your time focusing on a positive direction so we put it farther down.



In Lesson 4 (Reasons to keep living) you thought about reasons for not dying and reasons to keep living. A few safety plan templates now include a space for your top reason for staying alive.

This is your ‘Why’ for making a safety plan. The list you made is what you have to look forward to in the future.

As noted above, we want you to focus on the positive direction you can go from here, so we made this the final step on the worksheet.