

Appendix L

Safety Planning Resources

Collaborative Safety Plan Template:

I, _____, developed this plan with my support system, specific to my needs. I am at the greatest risk to harm myself or someone else during the 1st month after a crisis. My safety plan is designed to help ensure my safety and to minimize safety risks. I will review and revise the plan with my support system and provider(s).

****The one thing that is most important to me and worth living for is:** _____.

Step 1: Warning Signs/Risk Factors that I may be headed toward a crisis. (What am I thinking, how am I feeling, what am I doing, what is happening around me?)

Step 2: What coping skills can I use if I start seeing some of my warning signs?

Step 3: Things I can do that bring me joy and help me feel better about life:

Step 4: If I need help, people I can call:

**There should be people listed both at school and outside of school.*

Name	Contact Info	They can help me by:

Step 5: Professionals or agencies I can contact during a crisis:

Name	Phone

Step 6: Safety Measures:

(See [Suicide Proof website](#))

My environment will be made safe by my _____ (relationship for example, mom/dad/grandma, etc.), through the completion of the following safety measures. These safety measures will be completed immediately.

Check all applicable:

- Weapons locked up
- Medications secured
- Vehicle keys secured
- Alcohol/drugs removed
- Chemicals/cleaners secured
- Sharp objects secured (knives, razors, scissors, etc.)
- Check room for harmful objects
- Increased supervision
- Ensure safety of pets
- Ropes, belts, neckties removed
- I need to be supervised by an adult at all times, and the adult supervising is aware of the safety risks and is willing to take necessary precautions
- Keep doors unlocked
- Inform school staff of the safety concerns

Promoting Wellness

- Encourage me to use my positive coping skills
- I will take my medication as prescribed
- I will attend all outpatient appointments
- Spend quality/fun time with my family and/or supports
- Role model positive behaviors for me
- Emphasize my strengths and praise them often
- Let me know that you are a support and practice good listening skills
- Remind me of other people in my support system I could talk to
- Other:

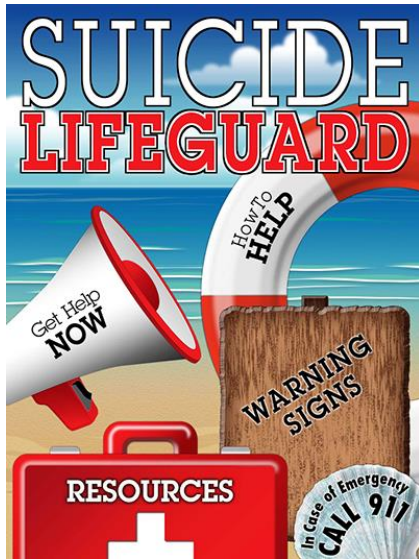
Resources

<p>[List your inpatient facility for youth here as well as your local Community Mental Health Center]</p>	<p style="text-align: center;">Community Behavioral Health Crisis Phone Number: (317) 621-5700 1 - 800 - 662 - 3445</p>
<p>Text Message Help</p>	<p style="text-align: center;">If you'd like to get help for suicidal thoughts by TEXT Messaging, text the keyword “CSIS” to 869863 [Outside of Indianapolis] “HelpNow” to 20121 [if in Indianapolis area]</p>
<p>National Suicide Prevention Lifeline</p>	<p style="text-align: center;">National Suicide Prevention Lifeline 1-800-273-TALK (8255)</p>
<p>Useful Websites</p>	<p style="text-align: center;">SAMHSA’s Preventing Suicide: A Toolkit for High Schools AFSP/SPRC’s After a Suicide Toolkit Mayo Clinic’s Youth Suicide Prevention Video Indiana Dept of Education, Suicide Prevention Training for School Staff [insert link]</p>

Mobile Apps

Two mobile applications have been developed to support SPI. Individuals at risk can utilize one of these applications to keep their safety plan in a convenient location (phone or mobile device), readily available for consultation if suicidal thoughts occur. Providers should ensure that safety plans are documented on paper first and provided to the individual and/or their loved ones. Both applications can be downloaded free from iTunes or Google Play.





Suicide Lifeguard is a FREE app intended for anyone concerned that someone they know may be thinking of suicide. It provides information on:

- How to recognize warning signs of suicide
- How to ask about suicidal thoughts and/or intentions
- How to respond and
- Where to refer

Features include:

- Immediate connection to the National Suicide Prevention Lifeline
- Specific resources for:
 - o Military/Veterans
 - o Those who identify as LGBTQ
 - o Spanish speaking individuals
 - o Persons who are deaf or hard of hearing
- Direct access to national and Missouri resource websites

This suicide prevention information was produced by the Missouri Suicide Prevention Project, a joint effort between the Missouri Institute of Mental Health at the University of Missouri-St. Louis and the Missouri Department of Mental Health.