

My Safety Plan



Step 1: When am I at risk?

What are the circumstances that trigger self-harming thoughts? What are the warning signs (thoughts, feelings, behaviors, interactions with certain people, etc.) that I am beginning to struggle?

Step 2: Remember my coping skills:

What can I do to feel better? (thought reframing, distraction, calming activities, seek support, self-care).

2b: Remember my REASONS FOR LIVING:

Step 3: Commitment to self-care

How will I reduce my access to any lethal means? (guns, knives, medications, illegal substances, etc.) On a scale of 1-10 (1 being unwilling), what is my willingness to take the productive actions listed?

Step 4: Social Support

If I am unable to deal with my distressed mood alone, I will contact:

NAME	CONTACT INFORMATION

Step 5: Professional Help

1-800-SUICIDE

1-800-273-TALK

Inpatient / Outpatient: Carrollton Springs: 972-885-3795

Client Signature

Date

Counselor Signature

Date



Clinical Warning Signs for Suicide Ideation

Six-week warning signs:

- Extreme psychological turmoil
 - Increase in agitation and irritability
 - Changes in eating/sleeping habits
 - Increase in substance use patterns
- Verbalized comments of despair or fatalism/hopelessness
- Anhedonia (major warning sign for adolescent males)
- Morbid, shame-based preoccupation with the past/talking about a life of regrets--“if onlys”
- Expressed apathy toward life and anticipation toward death--“life sucks” “I’m a burden”
- Significant expressions of self-devaluation and self-hate--“I’m a failure/loser/will never get it right”
- Refusal to seek help—rarely in therapy at time of death
- Dysphoria—emotional shut down (most “die” emotionally before they die physically)
- No capacity for futuristic thinking

Six-day warning signs:

- The “amazing reversal”—rapid onset of peace and calm; a dramatic change from the six weeks state of functioning
- Design is to avoid detection by negating any need for help

4 Markers for teens/early adults:

1. Sense of being different
2. No social cohesion
3. Current or history of being bullied
4. Discover when use drugs/alcohol they find social cohesion

4 Pillars that are likely present for suicide to occur:

1. Hopelessness—fatalistic despair
2. Aloneness— isolation, rejection, abandonment
3. Self-devaluation, self-hate, self-disregard
4. Defies current capacity to cope/inability to cope