



WAKE FOREST UNIVERSITY

Below you will find some key components of a suicide safety plan. The safety plan is a critical component of the intervention process and you want to take your time covering each point listed below. You can also access this information [here](#).

1. Talk about when the client would use the plan. Have the client talk about the situations, thoughts, feelings, people, places, or other warning signs that may lead to suicidal thoughts.
2. Help the client talk about what they can do, an action step, to help them feel calm and comforted. This might include activities to sooth them or help them reduce thoughts of suicide. Activities will depend on the client and should be elicited from the client. If they need help you might suggest things such as calling a friend, walking their dog, running, baking, etc. There is no right or wrong activity, just something the client can and would do.
3. If clients have mentioned future oriented activities/events or spoke about a person(s) important to them, ask them to elaborate, to see if this might instill some hope.
4. Make a list of people they can talk to when suicidal thoughts arise. Ask them to put the list in their phone or write it down. Make sure contact information is current.
5. Have the client walk through professionals they can contact. This is where knowing crisis resources and other community supports can help you, help the client create a safety network.
6. Plan how to make environment safe. How to remove objects or instruments that can cause harm (firearms, medication, illegal substances, alcohol, etc.). Who could help remove items or secure them? If necessary, how can client avoid certain places (bridges, roads, access to harmful substances or situations)
7. Emergency contacts such as emergency room, crisis lines.
8. Have the client talk through the safety plan. Can they repeat details? When would they put certain parts of the plan in place? How would they know when they need to rely on resources and reach out for help?