

## SAFETY PLAN INFORMATION

**What is a Safety Plan?** A Safety Plan is a prioritized, written list of coping tools and sources of support to use when you are feeling suicidal so that you do not act on your suicidal feelings. It is a personally tailored emergency plan.

**Why should I use the Safety Plan?** The Safety Plan helps prevent a suicidal crisis from escalating so that you do not act on urges to self-harm. Acute suicidal crises, when people are most in danger of acting on suicidal feelings, often last only for a brief time. The Safety Plan helps you get through this time without making a suicide attempt.

**When should I use my Safety Plan?** You should use your Safety Plan whenever you recognize any of your personal warning or danger signs that are listed on the Safety Plan.

**How should I use the Safety Plan?** Once you recognize your warning signs, follow the specific instructions that are described on each step of your Safety Plan. If doing things on one step doesn't help you reduce the crisis, then go to the next step until the crisis has lessened.

**Where should I keep my Safety Plan?** You should keep your Safety Plan in a place where you are able to easily find it and use it. Some people keep their Safety Plans at home and other people carry it with them in their purse, wallet, pocket, or cell phone.

**Should I share my Safety Plan with others?** Sometimes it is helpful to share your Safety Plan with a family member or close friend who can help you during a crisis.

**What do I do if I lose the Safety Plan?** A copy of your Safety Plan is stored in your electronic health record. A clinician may be able to retrieve a copy of your Safety Plan for you. Many people make copies of their Safety Plan or keep a copy on their cell phone.

**Does the Safety Plan work?** Recent research has been conducted that supports the effectiveness of Safety Planning. Individuals who received the Safety Plan Intervention were less likely to report suicidal behaviors during follow-up than individuals who did not receive the intervention.