

## **Safety Plan Pocket Card:**

### **Rationale, React, Remove, Review & Revise (5 R's)**

#### **Rationale for Safety Plan**

##### **Explain:**

- How suicidal crises come and go and identify warning signs (link to individual's own experience)
- How the Safety Plan helps to prevent acting on suicidal feelings
- How the Safety Plan is a series of steps – go to the next step if the current step is not helpful

#### **React to the Crisis to Decrease Suicide Risk**

##### **Collaborate to:**

- Understand the reasons for each step
- Brainstorm ideas for each coping strategy or resource
- Be specific
- Improve feasibility/remove barriers

#### **Remove Access to Lethal Means**

##### **Work together to develop an action plan to:**

- Limit access to preferred method or plan for suicide
- Limit access to firearms

#### **Review the Safety Plan to Address Concerns**

##### **Obtain feedback to assess:**

- Helpfulness and likelihood of using Safety Plan
- Where to keep the Safety Plan and when to use it

#### **Revise at Follow-up Visits**

##### **Ask:**

- Do you remember the last Safety Plan you developed?
- Have you actually used your Safety Plan?
- Was the Safety Plan helpful for preventing you from acting on suicidal urges? If not, why not?
- How can the Safety Plan be revised to be more helpful?

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