

Table of Contents

Safety Plan	2
Resources	3
Things to Do	7

Safety Plan

[Brown StanleySafetyPlanTemplate.pdf \(suicidepreventionlifeline.org\)](#)

Patient Safety Plan Template

Step 1: Warning signs (thoughts, images, mood, situation, behavior) that a crisis may be developing:
1. _____
2. _____
3. _____
Step 2: Internal coping strategies – Things I can do to take my mind off my problems without contacting another person (relaxation technique, physical activity):
1. _____
2. _____
3. _____
Step 3: People and social settings that provide distraction:
1. Name _____ Phone _____
2. Name _____ Phone _____
3. Place _____ 4. Place _____
Step 4: People whom I can ask for help:
1. Name _____ Phone _____
2. Name _____ Phone _____
3. Name _____ Phone _____
Step 5: Professionals or agencies I can contact during a crisis:
1. Clinician Name _____ Phone _____ Clinician Pager or Emergency Contact # _____
2. Clinician Name _____ Phone _____ Clinician Pager or Emergency Contact # _____
3. Local Urgent Care Services _____ Urgent Care Services Address _____ Urgent Care Services Phone _____
4. Suicide Prevention Lifeline Phone: 1-800-273-TALK (8255)
Step 6: Making the environment safe:
1. _____
2. _____
<small>Safety Plan Template ©2008 Barbara Stanley and Gregory K. Brown, is reprinted with the express permission of the authors. No portion of the Safety Plan Template may be reproduced without their express, written permission. You can contact the authors at bhs2@columbia.edu or gregbrow@mail.med.upenn.edu.</small>

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

Resources

- [SMI - SPRC - Flyer-v1.ai \(smiadviser.org\)](https://www.smiadviser.org)
- <https://www.okbu.edu/mft-clinic/documents/mental-health-survival-kit.pdf>
- [Navigating-A-Mental-Health-Crisis \(nami.org\)](https://www.nami.org)
- [National and Local Helplines - Google Sheets](#)
- [Promoting Psychological Health and Suicide Prevention Among Older Adults During COVID-19 FINAL.pdf \(sprc.org\)](#) (Author: Suicide Prevention Resource Center (SPRC))
 - o Publisher: Education Development Center, Inc. (EDC.org)
 - o [Reducing Loneliness and Social Isolation Among Older Adults Final.pdf \(sprc.org\)](#) (Author: Suicide Prevention Resource Center (SPRC), Publisher: Education Development Center, Inc. (EDC.org))
- [Increased Access to Mental Health Care for Older Adults Final.pdf \(sprc.org\)](#) Author: Suicide Prevention Resource Center (SPRC), Publisher: Education Development Center, Inc. (EDC.org)
- [Get Connected: Linking Older Adults with Resources on Medication, Alcohol, and Mental Health \(samhsa.gov\)](https://www.samhsa.gov)

- [Role of High School Teachers Revised FINAL v2_6-14-19.pdf \(sprc.org\)](#)

- [The Trevor Project — Saving Young LGBTQ Lives](#)

- [After a Suicide: A Tool Kit for Schools](#) is an expertly researched, practical guide for high school administrators, teachers, and others who need to respond in real time to the crisis caused by a student's death

- Produced by the [American Foundation for Suicide Prevention](#) and the [Suicide Prevention Resource Center](#), this 50-page document advises on how to help students cope, prevent suicide contagion, and monitor social media. It also advises on how to work with the community, properly memorialize, and speak to the news media. Helpful templates, checklists, and resources are included.

- [Youth Ambassador Program \(ihsgov.org\)](https://www.ihsgov.org)

- [Intergenerational Trauma: It's Effect on Youth and a Model for Suicide Prevention Toolkit \(ihsgov.org\)](#)

- The American Foundation for Suicide Prevention (AFSP) explains [how to discuss suicide with children](#). [PDF - 231 KB]
- Suicide Awareness Voices of Education (SAVE) has produced a document, "[Explaining Suicide to Children](#)". [PDF - 130 KB] is dedicated to saving lives and bringing hope to those affected by suicide
- [American Foundation for Suicide Prevention](#) is dedicated to saving lives and bringing hope to those affected by suicide
- [Crisis Text Line](#) a free, 24/7 support for those in crisis. Text 741741 from anywhere in the USA to text with a trained Crisis Counselor.

- [Jason Foundation](#) _ is dedicated to the prevention of youth suicide through educational and awareness programs.
 - [JED Foundation](#) _ aims to protect emotional health and prevent suicide for teens and young adults.
 - [National Suicide Prevention Lifeline](#) _ provides 24/7, free and confidential support for people in distress, prevention and crisis resources.
 - [Samaritans USA](#) _ provides hotlines, public education programs, support groups and other crisis response, outreach and advocacy programs to communities throughout the U.S.
 - [Suicide Awareness Voices of Education](#) _ works to prevent suicide through public awareness, education, stigma reduction, and by serving as a resource to those touched by suicide.
 - [The Trevor Project](#) _ is a national 24-hour, toll free confidential suicide hotline for gay and questioning youth.
 - [Veterans Crisis Line](#) _ is a free, 24/7 confidential support for Veterans in crisis and their families and friends.
 - [SAMHSA Opioid Overdose Toolkit](#)
-

Friends and Family ([Friends and Family | Resources for Patients \(ihs.gov\)](#))

- If someone you know is struggling emotionally or is in crisis, you can make a difference by getting them the help and support they may need. Watch for these suicide warning signs:
- Talking about wanting to die or to kill themselves
- Looking for a way to kill themselves, like researching online or buying a gun
- Talking about feeling hopeless or having no reason to live
- Talking about feeling trapped or in unbearable pain
- Talking about being a burden to others
- Increasing the use of alcohol or drugs
- Acting anxious or agitated, or behaving recklessly
- Sleeping too little or too much
- Withdrawing or isolating themselves
- Showing rage or talking about seeking revenge
- Extreme mood swings

Do's when helping:

- DO talk openly about suicide
- DO be willing to listen
- DO allow expressions of feeling
- DO get involved, be available, and show interest and support
- DO remove means, such as weapons, rope, or pills

Don'ts when helping:

- Do NOT dare him or her to do something harmful
- Do NOT act shocked, judge, or "one-up" (example: "You're having a bad day? You should hear about my day!"), as this encourages disconnection
- Do NOT be sworn to secrecy; do seek support
- Do NOT offer glib reassurance

Suicide is a scary topic, but help and education are available.

For confidential support 24 hours a day, 7 days a week, call 1-800-273-8255 (TALK), visit the National Suicide Prevention Lifeline [Crisis Chat](#) webpage, or text the [Crisis Text Line](#) (text START to 741741 from anywhere in the U.S., and a trained Crisis Counselor will respond quickly).

The [Trevor Project](#) offers crisis services that create a safe, accepting, and inclusive environment for youth who identify as Lesbian, Gay, Bisexual, Transgender, Queer and/or Questioning (LGBTQ), by phone at 1-866-488-7386, and through text (text TREVOR to 1-202-304-1200, available on Thursdays and Fridays between 4 to 8 PM Eastern, and 1 to 5 PM Pacific).

Suicide Survivor Resources([Friends and Family | Resources for Patients \(ihs.gov\)](#))

- The National Suicide Prevention Lifeline (NSPL) offers a booklet on [taking care of loved ones](#) following a suicide attempt.
 - [Coping With Losing a Friend or Family Member to Suicide](#), from the "Be That One" suicide prevention website, is a page dedicated to survivors of loss.
 - "[Suicide grief: Healing after a loved one's suicide](#)" is an article for survivors from the Mayo Clinic.
-

Veterans and Suicide Prevention

-Veterans Crisis Line- If you are a veteran, or if a family member or loved one is a veteran, confidential support is only a call, click, or text away.

The Veterans Crisis Line is staffed by qualified VA responders through a confidential toll-free hotline, online chat, or text messaging. For confidential help, contact the [Veterans Crisis Line](#) at 1-800-273-8255 (TALK), Press 1.

For online support, visit the chat page at the [Veterans Crisis Chat line](#).

The Veterans Crisis Line also provides SMS text messaging service. Text a message to 838255 to receive support 24 hours a day, 7 days a week

Locate VA Suicide Prevention Coordinators and Crisis Centers, Medical Centers, Outpatient Clinics, and Benefit Administration Offices through an interactive map or by zip code through the Veterans Crisis Line's [resource locator](#).

-Mobile App: PTSD Coach. The [PTSD Coach](#) mobile app (pictured) can help Veterans learn about and manage symptoms that commonly occur after trauma.

- Veterans Health Benefits

The first step in obtaining access to VA Health Benefits is to apply for enrollment. Veterans who served in a theater of combat operations after November 11, 1998, may complete an application for enrollment by telephone. VA staff members will collect the needed information and process the enrollment application for an enrollment determination. To apply, call 1-877-222-8387 (VETS), Monday through Friday, between 8 AM and 8 PM Eastern time.

Veterans may also apply in-person at a VA health care facility (visit the [VA Locations](#) page for a map of VA health care facilities). For additional information on how to enroll for benefits, or to obtain information on Long Term Care, please visit the U.S. Department of Veterans Affairs [Health Benefits](#).

Veterans Benefits Administration

The [Veterans Benefits Administration](#) provides not only compensation and pension information, but also education benefits and home loan information. Please visit the [Veterans Benefits Administration](#) or call 1-800-827-1000 to begin the process to obtain benefits and services.

Veterans Center Programs

Veterans Centers offer a broad range of services, from counseling and outreach to referrals, for Veterans and their families. Services for a Veteran may include individual and group counseling in areas such as PTSD, alcohol and drug assessment, and suicide prevention referrals. All services are free of cost, and are strictly confidential. Please call the Veterans Center Call Center at 1-877-927-8387 (WAR VETS) to find the nearest location.

Getting to Know Our American Indian/Alaska Native Veterans

Thomas Bird Bear (Mandan, Hidatsa, and Arikara) from the VA Office of Tribal Government Relations, reported on his visits to VA and IHS facilities in the Southwest in this [blog entry](#). VA reimbursement for traditional Native American healing practices used in the treatment of PTSD is discussed.

Native American Veterans: Storytelling for Healing

[Storytelling for Healing](#), a website and DVD produced by the [Administration for Native Americans](#), provides resources and advice to Native American veterans adjusting to civilian life.

Office of Rural Health (ORH) Native Domain

For more information on available VA services and resources for Native American Veterans, visit the [U.S. Department of Veterans Affairs Tribal page](#) and [the Office of Rural Health Native Domain site](#).

Figure 1: edc.org and [Increased Access to Mental Health Care for Older Adults Final.pdf \(sprc.org\)](#)

Provider Finder Resource	Location	Comments
American Psychological Association (APA)	http://locator.apa.org/	<ul style="list-style-type: none"> » Includes psychologists » Can filter by: <ul style="list-style-type: none"> • Accepts new patients using telehealth • Type of problem • Works with older adults • Insurance type, including Medicare
Anxiety and Depression Association of America (ADAA)	https://members.adaa.org/search/custom.asp?id=4685	<ul style="list-style-type: none"> » Can filter by: <ul style="list-style-type: none"> • Offers telehealth • Type of problem • Insurance type, including Medicare
Association for Behavioral and Cognitive Therapies (ABCT)	https://www.findcbt.org/FAT/	<ul style="list-style-type: none"> » Can filter by: <ul style="list-style-type: none"> • Offers telehealth • Type of problem • Insurance type, including Medicare
Psychology Today	https://www.psychologytoday.com/us/therapists	<ul style="list-style-type: none"> » Includes psychologists, social workers, and mental health counselors » Can filter by: <ul style="list-style-type: none"> • Offers telehealth • Type of problem • Works with older adults • Insurance type, including Medicare » Includes search option for psychiatrists (for medication services)
Substance Abuse and Mental Health Services Administration (SAMHSA), Behavioral Health Treatment Services Locator	https://findtreatment.samhsa.gov/	<ul style="list-style-type: none"> » Includes treatment facilities for mental health and substance use or addiction problems » Can filter by: <ul style="list-style-type: none"> • Offers telehealth • Works with older adults • Insurance type, including Medicare

- [LinksBetweenPublicHealthCrisesSuicide.pdf \(sprc.org\)](#)

Things to Do

- **Taking 10 deep breaths:** When your mind is wracked with anxiety, your body suffers, too. To slow hyperventilation, shaking, and nervous twitching, focus on inhaling and exhaling. Breathing is always something you can control in moments where you feel helpless. Refocusing your attention on your breath will help slow your racing mind and calm your body.
- **Drinking a calorie-rich drink:** For some people, anxiety can cause a [loss of appetite](#) and digestive issues like diarrhea. If you find yourself unable to eat during a mental health crisis, don't forgo food altogether as your body needs nourishment. If you can't bring yourself to eat, try

drinking a calorie-rich protein shake or smoothie. You can stock up on packs of these bottles for your home, and take individual shakes or smoothies with you to potentially high-stress environments like work or a family gathering.

- **Writing in a notebook:** Bottling up your thoughts and feelings, regardless of their negative or positive nature, can be toxic. In a mental health crisis, try writing down all the thoughts that are swirling around in your head. This will give your brain and hands a purposeful activity to do, and help you process difficult feelings through expressing them on paper. You can also bring this notebook with you to individual counseling sessions with a therapist to discuss your anxiety in depth.
- **Calling loved ones:** List the telephone numbers of people who you can reach out to at any time of the day or night and call them if you need to. Sometimes just hearing the voice of someone you love can be soothing in moments of panic, and friends or family members who can listen to your struggles are a huge blessing in mental health crises.
- **Fidgeting with a pliable object:** Anxiety can often cause nervous or restless hand movements like nail-biting, so it's important to have something for your hands to fiddle with when anxiety attacks. This can be almost anything from a simple object to an activity, and options can include playing cards, coloring books, a knitting project, stretchy toys, moldable clay, fidget cubes and more. Having an object or two on-hand is especially important for people who struggle with self-harming tendencies like cutting or burning their skin.
- **Reading a letter from yourself:** Anxiety can make you feel like a different person. In a mental health crisis, you may struggle to remember that you're more than your mental illness. When you feel mentally stable, write a letter to yourself to read when you're panicking. Write down your best qualities and the ways in which you excel at what you're passionate about, and list everything you love about yourself. Your own affirmations can be anchors in times of crisis, and remind you that your worth isn't tied to your anxiety.
- **Wrapping yourself in a weighted blanket:** While not entirely portable, a weighted blanket can help you relax almost instantly if you experience a panic or anxiety attack while at home. According to Psychology Today, "...these blankets work by providing input to the deep pressure touch receptors throughout the body. Like a firm hug, weighted blankets help us feel secure, grounded and safe."
- **Looking at a funny video or photo:** Laughter lowers the levels of cortisol (stress hormone) in your brain, so find something to smile about during an anxiety attack to help yourself calm down. Compile a playlist of videos that always make you laugh or make an album of hilarious photos to keep on-hand at all times.
- **Remembering what you're grateful for:** Counting blessings can be a useful tactic in escaping anxiety. When you turn your attention away from your stress and onto the people, places and memories that you're grateful for, your brain can find a place of calm amidst an anxiety attack.
- **Asking someone how they're doing:** Chances are, you're not alone in your mental health struggles. When you reach out to a friend or family member who may be facing a similar issue, you actively shift your focus away from your own anxiety and channel your mental and emotional energy into helping someone else. Not only does an honest conversation about mental illness help you manage anxiety, but it can foster a lasting bond between yourself and a loved one and encourage others to speak up about their struggles with anxiety.
-

