

Suicide Prevention: Safety Plan

If your child is feeling depressed and having suicidal thoughts, help your child create a safety plan. Here is a safety plan that you and your child or teen can fill out.

1. Identifying warning signs/triggers. Your child should write down the thoughts or situations that generally lead to having thoughts of suicide.

- _____
- _____
- _____
- _____
- _____

2. Using coping strategies. You and your child should list things that they can do, when they are feeling depressed or thinking about suicide, to help them feel better.

- _____
- _____
- _____
- _____
- _____

3. Socializing. List people and activities that can help your child take their mind off of difficult thoughts and feelings.

- _____
- _____
- _____
- _____
- _____

4. Contact family members or friends. Make a list of people, and their phone numbers, who can help when your child is under stress or is experiencing the warning signs in step 1.

- _____
- _____
- _____
- _____
- _____

5. Professional help. Write down the names and numbers of your child's therapist or doctor. Another important resource is the National Suicide Prevention Lifeline.

- Doctor: _____
- Therapist: _____
- _____
- _____
- _____

- **National Suicide Prevention Lifeline**
1-800-273-TALK (8255)
Crisis Text Line Text HOME to 741741

6. Make the environment safe. Remove things around the house that might be used in a suicide attempt. Here are 4 examples. If you can think of any other items, write them down.

- | | | | |
|--------------|-----------------|---------|---------|
| ✓ Firearms | ✓ Sharp objects | ✓ _____ | ✓ _____ |
| ✓ Ammunition | ✓ Medicines | ✓ _____ | ✓ _____ |

Adapted from the AAP patient education brochure , *Suicide Prevention: What Parents Need to Know*.

The American Academy of Pediatrics (AAP) is an organization of 67,000 primary care pediatricians, pediatric medical subspecialists, and pediatric surgical specialists dedicated to the health, safety, and well-being of all infants, children, adolescents, and young adults.

In all aspects of its publishing program (writing, review, and production), the AAP is committed to promoting principles of equity, diversity, and inclusion.

Any websites, brand names, products, or manufacturers are mentioned for informational and identification purposes only and do not imply an endorsement by the American Academy of Pediatrics (AAP). The AAP is not responsible for the content of external resources. Information was current at the time of publication. The information contained in this publication should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on individual facts and circumstances.