

## The Six Steps of Safety Planning

1. Identify thoughts, feelings, and behaviors that precipitate suicidal thinking.

2. Identify internal coping strategies that can help decrease the intensity of the crisis.

3. Brainstorm social contacts or settings that can distract from the crisis.

4. Identify family members or friends who can help manage the crisis.

5. Identify professional supports or agencies who can help manage the crisis

(eg, mental health provider, National Suicide Prevention Lifeline, SAMHSA National Helpline).

6. Help the patient make their environment safe. Limit access to lethal means such as guns, medications, and substances.

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