

Child & Adolescent Safety Planning Form

1. Identifying Warning Signs

Brainstorm warning signs for family and friends to look out for (bad grade at school, breakup/fight with friends, isolating self, canceling plans, etc.):

1. _____
2. _____
3. _____
4. _____

If parents/caregivers/siblings notice these warning signs, they can help by:

2. Coping Strategies

List things you can do to distract yourself or improve your mood (exercise, listen to music, read, relaxation techniques, draw, cook, play with your dog, take a shower):

One thing I can do by myself is:

One thing I can do with family or friends is:

One thing I can do without technology is:

My favorite way to calm down is:

3. External Supports

Who are the main people you can turn to for support? List 3 adults who you can call or talk to if needed:

Name: _____ Phone number: _____

Name: _____ Phone number: _____

Name: _____ Phone number: _____

4. Name at least one thing that is important to you and worth living for:

5. Making the Environment Safe.

To help keep myself safe I can:

- a. Stay around other people rather than keeping to myself.
- b. Try to talk to the adults around me.
- c. Have an “open bag” and “open room” policy with my parents where they can check to make sure there aren’t dangerous items hiding in my things.
- d. Make sure things like guns, medications, and things like sharp objects are locked up.
- e. _____
- f. _____

6. Resources & Professionals to Contact in a Crisis:

988 Suicide & Crisis Lifeline: **CALL or TEXT 988**
Chat online at: <https://suicidepreventionlifeline.org>

7. Next Steps

Where will you store your safety plan at home: _____

This suicide safety plan is presented for educational purposes only. It is intended to be used as a guideline for clinicians and/or researchers who conduct safety planning with children and preteens. Suicide safety plans should always be based on the judgement of a clinician and implemented in conjunction with a suicide risk assessment and plan for continued care, and tailored to individual patient needs.