



Individual Student Safety Plan

Name: _____ Date: _____

TRIGGERS

1. Think of the most recent suicidal crisis. Write a short description of what triggered the crisis.

SUICIDAL THOUGHTS, BEHAVIORS

2. What are the thoughts, emotions, or behaviors that let you (and those around you) know you were in crisis?

INTERNAL COPING

3. What can you do on your own to distract yourself from suicidal thoughts? What do you like to do? What have you done in the past?

EXTERNAL COPING

4. Who can help you cope with your suicidal thoughts?

SAFETY PLAN

5. List your coping strategies from above, starting with the most enjoyable.

6. I agree to remove lethal means from the house. _____
(Student/Parent/Guardian Initials)

PEOPLE TO CALL

7. Emergency numbers: I will call if my suicidal thoughts continue to get worse after using the coping strategies listed above.

Safe and trusted adult: _____

School personnel: _____

National Suicide Prevention Lifeline: 1-800-273-TALK (8255)

Crisis Text Line: Text HOME to 741741

Call 911

8. If no one is available and I have tried all the coping strategies listed above, and I still believe I might do something to end my life, I will go to the emergency room at _____ or call 911.

AGREEMENT

By signing below I agree that I have been part of the creation of this safety plan and that I intend to use it when I am having thoughts of suicide. I realize that my signature below does not make this a legal contract, but rather a plan for my continued well-being and happiness.

_____ Student Name	_____ Signature	_____ Date
_____ Counselor Name	_____ Signature	_____ Date
_____ Supervisor/Administrator Name	_____ Signature	_____ Date
_____ Parent/Guardian Name	_____ Signature	_____ Date

Adapted from *Suicide in Schools; A Practitioner's Guide to Multi-Level Prevention, Assessment, Intervention, and Postvention*
by Terri A. Erbacher, Jonathan Singer, and Scott Poland

Disclaimer: Frontline Education does not provide advice about mental health. This document is provided for informational purposes only.