

SAFETY PLAN

Student: _____

Date: _____

School: _____

Grade: _____

Think of the most recent suicidal crisis. Write one to two sentences or descriptions of what triggered the crisis.

Triggers

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

Suicidal Thoughts & Behaviors

Internal coping: 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?

Internal Coping

External coping: Who can help distract you from suicidal thoughts?

External Coping

Plan: List your coping strategies from above starting with the most enjoyable.

Plan

I, the parent of _____, agree to remove lethal means from the house. (_____)
Initial

Emergency numbers I will call in the event that my suicidal thoughts continue or get worse after using the coping strategies listed:

People to Call

- Safe and trusted adult:

- School personnel:

- National Suicide Prevention Lifeline: 1-800-273-TALK (1-800-273-8255)
- 911

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

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 does not make this a legal contract but rather a plan for my continued well-being and happiness.

Student

Signature

Date

School Personnel/Title

Signature

Date

Administrator

Signature

Date

Parent

Signature

Date

Note: This policy or procedure is not intended to limit the discretionary authority of, or to create any liability for, or create a cause of action against, the Board of Education, or its officers, employees, volunteers or other designated individuals for any act or omission to act related to this policy or procedure. Georgia's Constitution provides that school system employees are immune from liability when they are performing discretionary functions and they act without malice or intent to cause injury.