

# WHAT TO DO IN A CRISIS

Resources and Checklists  
for you and Others In Need



## CREATE A SAFETY PLAN

Safety Plans are designed to help people identify coping strategies and resources available to them when they are in a crisis. It is also important to involve known supports or loved ones in the process of creating a safety plan



## MAKE A LIST OF REASONS FOR LIVING

Create a list of reasons why you may want to stay alive - upcoming events in the future, holidays, birthdays or things you love, your family, friends or pets. This list may be able to help you to shift your focus to something other than your suicidal thoughts and urges.

## IDENTIFY A TRUSTED CONTACT

Keep a list of people who you can contact in an immediate crisis nearby. Have their name, phone number or other contact information nearby. Be sure you have a few different people. Add local and national helplines to your phone to refer to in a time of crisis.



## KEEP YOURSELF AND YOUR SURROUNDINGS SAFE

Identify ways in which you can make your environment safer. This could mean removing access to means in which you could harm yourself. It could also mean going to a different location until the urges have passed or getting someone involved to help you.

**NEED HELP  
NOW??**

**NATIONAL**  
**SUICIDE**  
PREVENTION  
**LIFELINE**  
1-800-273-TALK (8255)  
suicidepreventionlifeline.org

**RED NACIONAL**  
de  
PREVENCIÓN  
del  
**SUICIDIO**  
1-888-628-9454  
prevenciondelsuicidio.org

# SAFETY PLAN TEMPLATE

## SAFETY PLAN

### Step One: Identify Warning Signs

warning sign: thoughts, images, mood, situation, behavior that a crisis may be developing.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

1

2

### Step Two: Identify Internal Coping Strategies

coping strategy: - something to do to take my mind off my problems without contacting another person

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### Step Three:

Identify people and places that are distractions

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Place: \_\_\_\_\_

Place: \_\_\_\_\_

3

4

### Step Four:

Make your environment SAFE

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

The one thing that is most important to me and worth living for is:

It is important to keep someones safety plans in their own words!

Additional Information on Safety Planning [here](#)

## HELPFUL RESOURCES FOR PARENTS

[Society for the Prevention of Teen Suicide](#)

[Jason Foundation Parent Resource Program](#)

[Suicide Prevention: Facts for Parents](#)

[How to talk to a child about a suicide attempt in your family.](#)

[Suicide and Social Media Fact Sheet](#)

[What to do if you'r Concerned about Your Teens Mental Health](#)

National Association of School Psychologists Preventing Youth Suicide—[Tips for Parents and Educators](#)



## HELPFUL RESOURCES FOR FRIENDS

[How to Help When A Friend is Feeling Suicidal](#)

[Save a Friend: Tips for Teens to Prevent Suicide](#)

[Help a Friend In Need](#)

"When you're in a dark place, you sometimes tend to think you've been buried. Perhaps you've been planted. Bloom."

- Unknown



# Suicide

## Warning Signs

### DIRECT VERBAL CLUES

- “I wish I were dead.”
- “I’m going to commit suicide.”
- “If (such and such) doesn’t happen, I’ll kill myself.”

Visit The Hub's Website for a comprehensive list of suicide warning signs.

### INDIRECT VERBAL CLUES

- “My family would be better off without me.”
- “Who cares if I’m dead anyway.”
- “I just want out.”

### SITUATIONAL CLUES

- Being fired or being expelled from school
- Death of a spouse, child, or best friend, especially if by suicide
- Sudden unexpected loss of freedom/fear of punishment

### BEHAVIORAL CLUES

- Any previous suicide attempt
- Co-occurring depression, moodiness, hopelessness
- Drug or alcohol abuse, or relapse after a period of recovery

## Text and Call Lines

always  
remember...  
**YOU ARE  
NOT  
ALONE!**



Save these numbers in your and your family's phones!

## MENTAL HEALTH OR SUICIDE CRISIS?

**FREE HOTLINES ARE  
AVAILABLE 24/7!**

#### National:

- Crisis Text Line: Text 741741
- National Suicide Lifeline: Call 800-273-8255 (Starting July 2022, just dial 988)

#### LGBTQ:

- The Trevor Project: Text 678678
- Trans Lifeline: Call 877-565-8860

#### CT Resources:

- Kids in Crisis (ages 0-18): 203-661-1911
- CT's Action Line (mobile crisis): 2-1-1, option 1
- Domestic Violence SafeConnect: 888-774-2900
- JoinRiseBe Young Adult Warmline: Talk to a young adult peer specialist 12pm-9pm daily: 800-6-HOPENOW

#### Local:

- First Responders: 911 (ask for a CIT officer)



## Where to go for Help

- Visit [The Hub's Resource Guides](#) for regional resources and support groups
- [Findtreatment.gov](#)
- [The American Psychiatric Association](#)
- [American Academy of Children and Adolescent Psychiatry](#)
- [American Psychologist Association](#)

