

Creating a Safety Plan with Your Teen

1. Approach with Care and Support:

- Find a quiet and comfortable space to have this conversation with your teen.
- Approach the topic with empathy, care, and understanding. Let them know you are there to support them.

2. Discuss Thoughts and Feelings:

- Encourage your teen to openly share their thoughts and feelings with you.
- Listen attentively without judgment and validate their emotions.

3. Identify Triggers and Warning Signs:

- Discuss potential triggers and warning signs that may precede suicidal thoughts or behaviors.
- Help your teen identify these triggers and signs to better understand their own state of mind.

4. Develop Coping Strategies:

- Collaborate with your teen to create a list of healthy coping strategies they can use when feeling overwhelmed or suicidal.
- This can include activities like talking to a trusted person, engaging in hobbies, deep breathing exercises, or mindfulness techniques.

5. Establish a Support System:

- Identify trusted individuals your teen can reach out to for support, such as family members, friends, therapists, or helplines.
- Ensure your teen has access to these support resources and knows how to contact them.

6. Create a Crisis Response Plan:

- Develop a clear plan on what to do in case of a crisis or emergency situation.
- Include contact information for mental health professionals, crisis hotlines, and emergency services like 911.

7. Secure the Environment:

- Remove any potentially harmful objects or substances from your teen's environment.
- Ensure that they do not have access to anything that could be used for self-harm.



8. Review and Update the Plan Regularly:

- Revisit the safety plan regularly with your teen to ensure it remains relevant and effective.
- Make adjustments as needed based on changes in your teen's condition or circumstances.

9. Seek Professional Help:

- Encourage your teen to seek professional help from a therapist, counselor, or mental health provider.
- Offer to assist them in scheduling appointments and attending sessions if needed.

10. Emergency Protocol:

- Establish clear steps to follow in case of a crisis, including who to contact and where to seek immediate help.
- Make sure your teen knows that it's okay to ask for help in an emergency situation.



Thank you!

