

Suicide Prevention Check List

When you have lost hope and are about to make the horrible mistake of suicide:

- o Reach out for help...
 - o Call or Chat with **TheHopeLine** at 1-800-394-4673 or www.thehopeline.com/gethelp.
 - o Call or chat with the **Suicide Prevention LifeLine** at 1-800-273-8255 or www.suicidepreventionlifeline.org
 - o Call your Contract For Life partner - A Contract For Life partner is someone you have made a commitment to that if you ever have thought of killing yourself you will reach out to them first. If you don't have a Contract for Life Partner, now is the time to find one.
- o Refer to your personal Safety Plan which you previously filled out.
- o Remove whatever can harm you at that very moment. -- If there are guns, knives, pills, etc. in your house, then RUN from your house. This will buy you time to settle down and begin to think rationally.
- o Realize you will die if you believe the lie. - The lie is that suicide will solve all your problems. This is one of the greatest lies of all. It implies there is no other way out of your predicament than to end your life. Remember: the pain is temporary, but suicide is forever.
- o Turn to other activities - The key here is to get your mind off of doing the unthinkable. Here are some suggestions to divert your mind from suicide:
 - o Walk/Jog/Bike
 - o Take a hot shower
 - o Watch a movie/listen to music
 - o Go shopping
 - o Read the Bible/Pray
 - o Journal
- o Remember those who love you – Ending your life will deeply scar those who love you. Is it worth it? Think about siblings, parents, grandparents, friends, cousins, etc. Your life has touched many people...don't hurt them.

Patient Safety Plan Template

Step 1: Warning signs (thoughts, images, mood, situation, behavior) that a crisis may be developing:

1. _____
2. _____
3. _____

Step 2: Internal coping strategies – Things I can do to take my mind off my problems without contacting another person (relaxation technique, physical activity):

1. _____
2. _____
3. _____

Step 3: People and social settings that provide distraction:

1. Name _____ Phone _____
2. Name _____ Phone _____
3. Place _____ 4. Place _____

Step 4: People whom I can ask for help:

1. Name _____ Phone _____
2. Name _____ Phone _____
3. Name _____ Phone _____

Step 5: Professionals or agencies I can contact during a crisis:

1. Clinician Name _____ Phone _____
Clinician Pager or Emergency Contact # _____
2. Clinician Name _____ Phone _____
Clinician Pager or Emergency Contact # _____
3. Local Urgent Care Services _____
Urgent Care Services Address _____
Urgent Care Services Phone _____
4. Suicide Prevention Lifeline Phone: 1-800-273-TALK (8255)

Step 6: Making the environment safe:

1. _____
2. _____

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