

HOW TO: Create a Safety Plan

A safety plan is a strategy between you and your teen that works to prevent suicide. Here's how it works:

- 🌳 **List any warning signs** that your teen has indicating their mental health is worsening
- 🌳 **List any activities** they can do to de-escalate unhealthy thoughts and feelings when they come
- 🌳 **List people and professionals** your teen feels safe to contact during a crisis
- 🌳 **Remove or lock away** anything they could use to harm themselves
- 🌳 **Create a list** of reasons to stay alive

WHY IS A SAFETY PLAN IS SO IMPORTANT?

- 🌳 It **increases communication** between you and your teen
- 🌳 It gives your teen tools to **make healthy choices**
- 🌳 It **reduces the risk** of future harm
- 🌳 It **provides resources** on what to do in the event of suicidal thoughts
- 🌳 It **identifies triggers and offers solutions** on how to manage them

POTENTIAL WARNING SIGNS THAT YOUR TEEN MIGHT BE CONSIDERING SUICIDE:

- 🌳 They're no longer **planning for the future**
- 🌳 They show **complete disinterest** in family or friends
- 🌳 They're **giving away personal possessions**
- 🌳 They **mention plans to end their life**
- 🌳 They're **isolating**



BRICOLAGE
BEHAVIORAL HEALTH

When your teen is feeling overwhelmed, encourage them to walk, read, play a video game, or call a friend.

The little things make a big difference.



Worried about your teen?

Call Bricolage Behavioral Health's crisis line 24 hours a day, 7 days a week at

(469) 968-5700

We are here to help.

HERE'S WHAT'S HAPPENING IN TEXAS:



- 🌳 Suicide is the second leading cause of death for ages 10-24.
- 🌳 1,499 deaths by suicide from 2021-2022 for ages 10-24 in Texas.
- 🌳 The youth suicide age-adjusted rate for the 10-19 year-old age group was 7.36 per 100,000 in Texas during 2021

There could be people or places in your teen's life that make them feel unsafe.

Communicate.
Show empathy.
You are their safe place.



If your teen struggles with a reason to live, **remind them that the challenging moments today will define their purpose in the future.**

A close milestone, such as a birthday, can be enough to keep them alive.



PERSONAL SAFETY PLAN



Step 1: Warning Signs (that I might be headed toward a crisis and the Safety Plan should be used):

1.
2.
3.
4.

Step 2: Internal coping strategies (things I can do to distract from my problems without contacting another person):

1.
2.
3.

Step 3: People, places and social settings that provide healthy distraction (and help me feel better):

1. Name and phone number:
2. Name and phone number:
3. Place:
4. Place:

Step 4: People I can contact to ask for help (family members, friends and co-workers):

1.
2.
3.
4.

Step 5: Professionals/agencies that can help me during a crisis (Name, Phone, Pager, Emergency Contact Number):

1. Clinician/Agency:
2. Clinician/Agency:
3. Local Emergency Department:
4. Other:



For emergencies dial:
911



Bricolage crisis hotline number:
(469) 968-5700

Step 6: Making my environment safe (plans for removing or limiting access to lethal means):

1.
2.
3.
4.

Step 7: My reasons for living (things that are most important to me and worth living for):

1.
2.
3.

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