

Bree Perinatal Behavioral Health Workgroup
Adopted January 24th, 2024



Working together to improve health care quality, outcomes, and affordability in Washington State.

Perinatal Behavioral Health Appendix G Example Suicide Safety Plan

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The following Suicide Safety Plan is provided from UW Valley Medical Center in 2023. The Suicide Safety Plan is initiated when an individual answers 'Yes' to Question 10 on the EPDS and then is assessed with the CRSS. Regardless of suicide risk, a safety plan is made the same day.

Safety Plan

Name: _____ Date: _____

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

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

Step 3: People and social settings that provide distraction (name & number, place):

Step 4: People whom I can ask for help (name & number):

Step 5: Making the environment safer (plan for lethal means safety):

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

Step 6: Professionals or agencies I can contact during a crisis:

Clinician Name: ***

Phone: ***

Emergency Services: Call 911

VMC Emergency Room Intervention Team (ERIT): 425-690-6466

Psychiatric Emergency Services:

- **National Suicide Prevention Lifeline: 1-800-273-8255**
The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.
- **Warm Line Phone: 1-877-500-9276 (1-877-500-WARM)**
WA Warm Line is a peer support help line for people living with emotional and mental health challenges. Calls are answered by specially trained volunteers who have lived experience with mental health challenges. They have a deep understanding of what you are going through and are here to provide emotional support, comfort, and information. All calls are confidential. Available Monday – Sunday, 12:30pm – 9pm.
- **24-Hour Crisis Line: 988**

Provides immediate help to individuals, families, and friends of people in emotional crisis and can link to the appropriate services.

- **Teen Link: 1-866-833-6546 (1-866-TEENLINK)**
Confidential and anonymous help line for teens, specialists are available to talk by phone from 6-10pm and chat or text from 6-9:30pm every night.
- **Washington Recovery Help Line: 1-866-789-1511**
24-Hour help for substance abuse, problem gambling and mental health
- **The Trevor Project: 1-866-488-7386**
LGBTQ crisis line for young people in crisis, open 24/7. Also available by text (Text START to 678-678) or chat at thetrevorproject.org