



Safe Student Plan

Step 1: Warning Signs

Identify thoughts, images, moods, behavior that indicate a crisis may be developing.

Identify any possible changes and/or situations that may be stress inducing and may trigger crisis thoughts.

Step 2: Coping Strategies

Things I can do which help me take my mind off my problems without contacting another person (i.e.: physical activity, relaxation techniques, uplifting music, artwork).

People, pets, hobbies and/or things that I enjoy.

Step 3: People and Places

Identify people and/or places I can go to and ask for help. Who can I trust to listen and support me in times of crisis?

**Contact your parents/guardians or other trusted adult for help and support.*

Name and Phone: _____

Place: _____

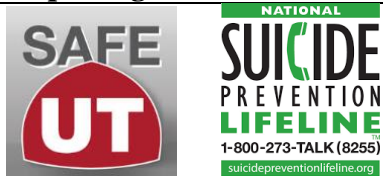
Name and Phone: _____

Place: _____

Name and Phone: _____

Place: _____

Step 4: Agencies and/or Professionals I can contact during a crisis.



1. Clinician Name: _____

Emergency Contact #: _____

2. Clinician Name: _____

Emergency Contact #: _____

3. Local Urgent Care Service: _____

Urgent Care Address: _____

Urgent Care Phone: _____

Step 5: Make the Environment Safe

What do I, or my parents/guardians and school, need to do to make the environment safe for me (i.e.: remove firearms from the home, lock up medications)?

1. _____

2. _____

3. _____

CSD Safe Student Plan

Guidelines for School-Based Mental Health Specialists

Canyons School District

When completing a Safe Student Plan please remember the following:

- Parent/guardian should be aware of and involved in all Safe Student Plans.
- Safe Student Plans can be used with students who are in crisis.
- Safe Student Plans can be used with students who are returning to school after a suicide attempt or in-patient treatment.
- You may need to identify, with the student and parent/guardian, a Safe Student Plan for when the student is at school and also for when the student is home.
- The purpose of the Safe Student Plan is for the student to keep with them and refer to when in crisis and/or in need of support. The student should complete the Safe Student Plan with the school-based mental health specialist and parent/guardian. The students should keep the original copy. When possible, it is recommended the student take a picture of the plan for quick reference.
- **NO** electronic copies of completed Safe Student Plans should be kept on Skyward or other shared drives. If a paper copy is kept by the school-based mental health specialist, it should be kept confidential and in a secure location.

Guidelines for completing each step:

Step 1: Warning Signs

- Ask student “How will you know when the Safe Student Plan should be used?” and/or “What do you experience when you start to think about suicide or feel extremely distressed?”
- List warning signs (thoughts, thinking processes, mood, behaviors) using the student’s own words.
- Ask student to identify any foreseeable changes and/or situations that may arise in the near future that might trigger crisis level thinking.

Step 2: Coping Strategies

- Ask student “What can you do, on your own, if you become suicidal again, to help yourself not to act on your thoughts or urges?”
- Ask student “How likely do you think you would be to do this step during a time of crisis?”
- If doubt about using coping strategies is expressed, ask “What might stand in the way of you thinking of these activities or doing them if you think of them?”
- Use a collaborative, problem-solving approach to address barriers that would inhibit student from using identified coping strategies and/or identify alternative coping strategies with fewer barriers.
- Help student identify people, pets, hobbies, etc. that bring them joy.
- Remind them that in times of crisis it might be difficult to find joy in what used to bring them joy. However, this feeling is temporary and they will be able to find that joy again with help.

Step 3: People and Places

- Instruct student to use Step 3 if Step 2 does not resolve the crisis or lower the risk.
- Encourage student to reach out to their parents/guardians or other trusted adult for immediate help.
- Ask student “Among your family and friends, who do you think you could contact for help during a crisis?”, “Who do you feel you can talk with when you’re under stress?”, “Who or what settings help you take your mind off your problems at least for a little while?” and/or “Who helps you feel better when you socialize with them?”
- Have student list several people and settings, in case first option is unavailable. Prioritize the list.
- Ask student to name safe places where they can go to be around people.
- Ask student “How likely would you be to contact these individuals?”
- If student expresses doubt in contacting identified individuals, identify obstacles and ways to overcome them.

Step 4: Agencies and Professionals

- Instruct student to use Step 4 if Step 3 does not lower the risk of the crisis.
- Again, always encourage student to reach out to parents/guardians, family, and/or friends for immediate help.
- Educate student about SafeUT, National Suicide Prevention Lifeline, The Trevor Project, and any additional local agencies that provide immediate crisis counseling.
- Ask student “Who are the mental health/medical professionals we should identify on your Safe Student Plan?”
- List names, numbers, locations of clinicians and/or local urgent care services.
- Identify obstacles preventing the students from contacting agencies/professionals for help during a crisis. Problem solve with student on how to overcome these obstacles.

Step 5: Make the Environment Safe

- Again, it is imperative to involve parents/guardians in the Safe Student Plan, especially during Step 5.
- If/when means by which the student would consider using during a suicidal crisis is identified, take necessary steps to limit access to lethal means.
- Parents/guardians should remove any and all lethal means from the home, or at the very least, make sure all means are securely stored.
 - Gun locks are available at no cost at all Salt Lake County libraries.
 - Firearm safety should be taken seriously: <https://utahsuicideprevention.org/firearmsafety>.