

**Safety/Calming Plan**  
**For Client Who is Feeling Highly Anxious or Considering Suicide or Self Harm**

At HQCC, we should talk the person through creating a written list which s/he keeps readily available. In a therapy setting, the client and clinician should create this together, both sign and keep a copy.

**For person considering suicide or self harm**

**As soon as possible after the contact with HQCC: Reduce access to means** – ideally with someone safe helping her/him

- Remove methods that are primarily for suicide or self harm - such as firearms, ammunition, large amounts of medications or other poisons, ropes, knives or razors
- Make other methods as difficult to access as possible – for example, move medications to an out of the way area so it takes several actions to get to them.

**For any client**

**When I am feeling distressed, before I take any action to hurt or kill myself:**

**Things I can do for myself, that have helped in the past**

- Focusing on here and now activities – such as petting dog or cat
- Soothing activities – such as relaxation technique, listening to music, aromatherapy candles or soaps
- Physical activities
- Distracting activities – such as reading, watching a comedy, doing a puzzle
- Expressive activities – such as journaling, drawing, painting, writing poetry
- Being around people – such as go to coffee shop
- *Note: The Anxiety and Phobia Workbook in the phone room describes many possible strategies for relaxation and distraction*

**“My people” to reach out to**

- Friend and phone number(s)
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- Family and phone number(s)
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- If part of faith community, contact person and phone number(s)
- If part of 12-step group, sponsor and phone number(s)
- If part of other support groups, contact person and phone number(s)
- *Note: Client is encouraged to talk with “her/his people” about this in advance.*

**My mental health supports to use after trying at least 5 of the above**

- *If in Douglas County:* HQCC at 841.2345 or from Baldwin City 888.899.2345
- *If living outside of Douglas County, and affected by thoughts of self harm or suicide:* National suicide prevention hotlines: 1.800.SUICIDE or 1.800.273.TALK
- Crisis service of my mental health service
- My therapist and phone number(s)
- Local emergency room

**The thing that is most important to me and worth living for is:** \_\_\_\_\_

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