# Self-Care & Safety Plan

*This Stanley-Brown Safety Plan template has been adapted for use at Calvin University. For more information or to access the original template, visit* [*https://suicidesafetyplan.com*](https://suicidesafetyplan.com)*.*

**Name:** **Date:**

**Step 1: Warning signs that I’m struggling** (ex. thoughts, images, mood, situation, behavior):



**Step 2: Coping skills I can use to care for myself** (ex. relaxation technique, music, exercise):



**Step 3: People and places that can provide distraction** (ex. friends, family, online communities):

1. Name:
2. Name:
3. 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:**

1. Counselor

* Center for Counseling and Wellness (616-526-6123) – Name:
* Other:

1. Medical clinician

* Calvin Health Services (616-526-6187) – Name:
* Other:

1. Mental health facility

* Psychiatric Urgent Care (616-455-9200), 300 68th Street SE, Building E, Entrance E1, Grand Rapids, MI
* Other:

1. Suicide Prevention Lifeline (**800-273-8255 or Text “HELP” to 741-741)**
2. Emergency services

* Calvin Campus Safety (616-526-3333)
* 911
* Residence Life Professional Staff:

1. Other name & phone:

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

# Guidelines for Staff

**Step 1: To begin discussion about warning signs**

* How will you know when a safety plan should be used?
* What symptoms do you experience?
* *Examples: change in behavior, moodiness, irritability, dark conversations, withdrawal, decision to act on plan, giving things away, acting like feeling better while actually worsening*

**Step 2: To begin discussion about internal coping strategies**

* Suicidal thoughts and feelings are like other feelings, and you can learn how to handle them.
* What can you do if you are having suicidal thoughts to not act on those thoughts or urges?
* *If social media is identified, discuss potential negative impacts and explore alternatives.*

**Step 3: To begin discussion about external coping strategies**

* Who do you enjoy socializing with? Think of people with whom you don’t have to talk deep but you enjoy their company.
* Where could you go to take your mind off your problems? *(ex. library, church, mall, park, gym, bookstore, movie, coffeeshop – places that do not tend to trigger unpleasant emotions)*
* *If no one is identified, move on.*

**Step 4: To begin discussion about emergency contacts**

* Who can help support you and keep you safe when you feel overwhelmed?
* How likely would you be willing to contact these people on your list?
* *Ask if you can share safety plan with people listed. Consider calling them to confirm the numbers and share the plan.*

**Step 6: If applicable, implement CALM to assess for means**

* Ask what means they would consider using during a suicidal crisis.
* Ask about access to firearms and medication, even if they live on campus.
* Only add to Safety Plan if student is being asked to take a particular action to reduce means (ex. buy a lock box, bring item to you, etc.). Document response and next steps as appropriate within role.

**Step 7: Wrapping up**

* What is the thing that keeps you alive more than anything else?
* Where will you keep this safety plan? How will you remember to use it if you are in crisis?