



# SAFETY PLANNING

for suicide prevention

JUNE 6, 2024

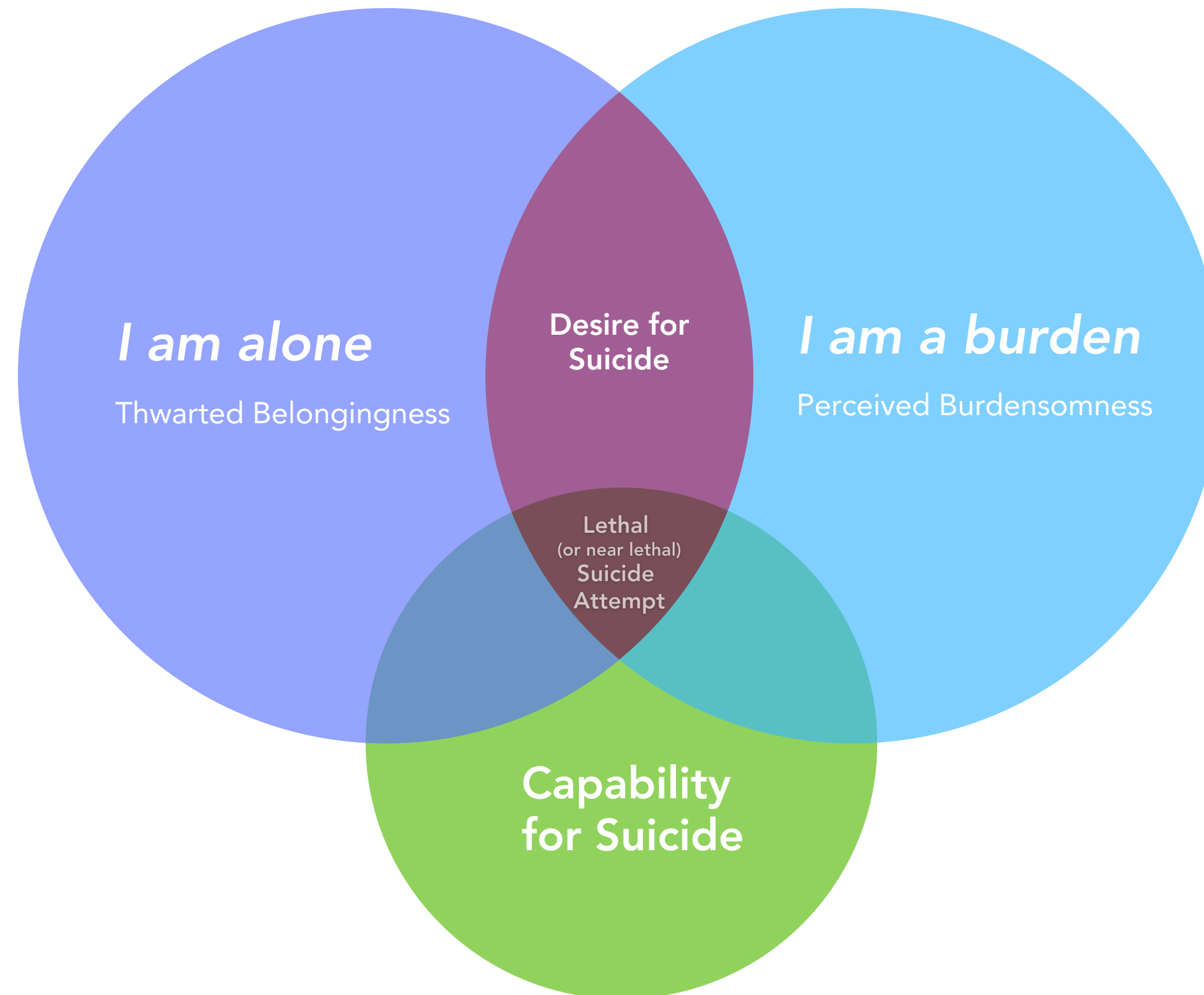


- Part of the non-religious, international, suicide prevention network with over 400 centers in 40 countries
- Created the world's first suicide hotline
- Operates NYC's only 24-hour, anonymous & completely confidential crisis response hotline
- Hotline staffed entirely by devoted, community volunteers
- Samaritans' NYC also has an education program & suicide bereavement support program.

# SESSION OBJECTIVES

- Increase competence and confidence in provider safety planning skills with a focus on effective communication, empathy and practical considerations.

# JOINER'S INTERPERSONAL THEORY OF SUICIDE



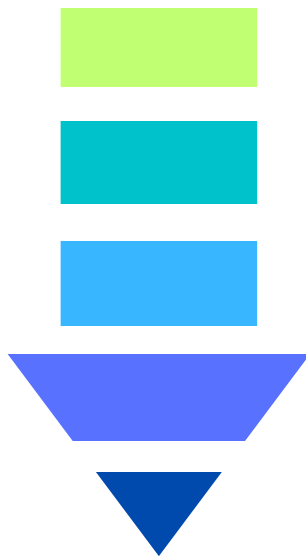
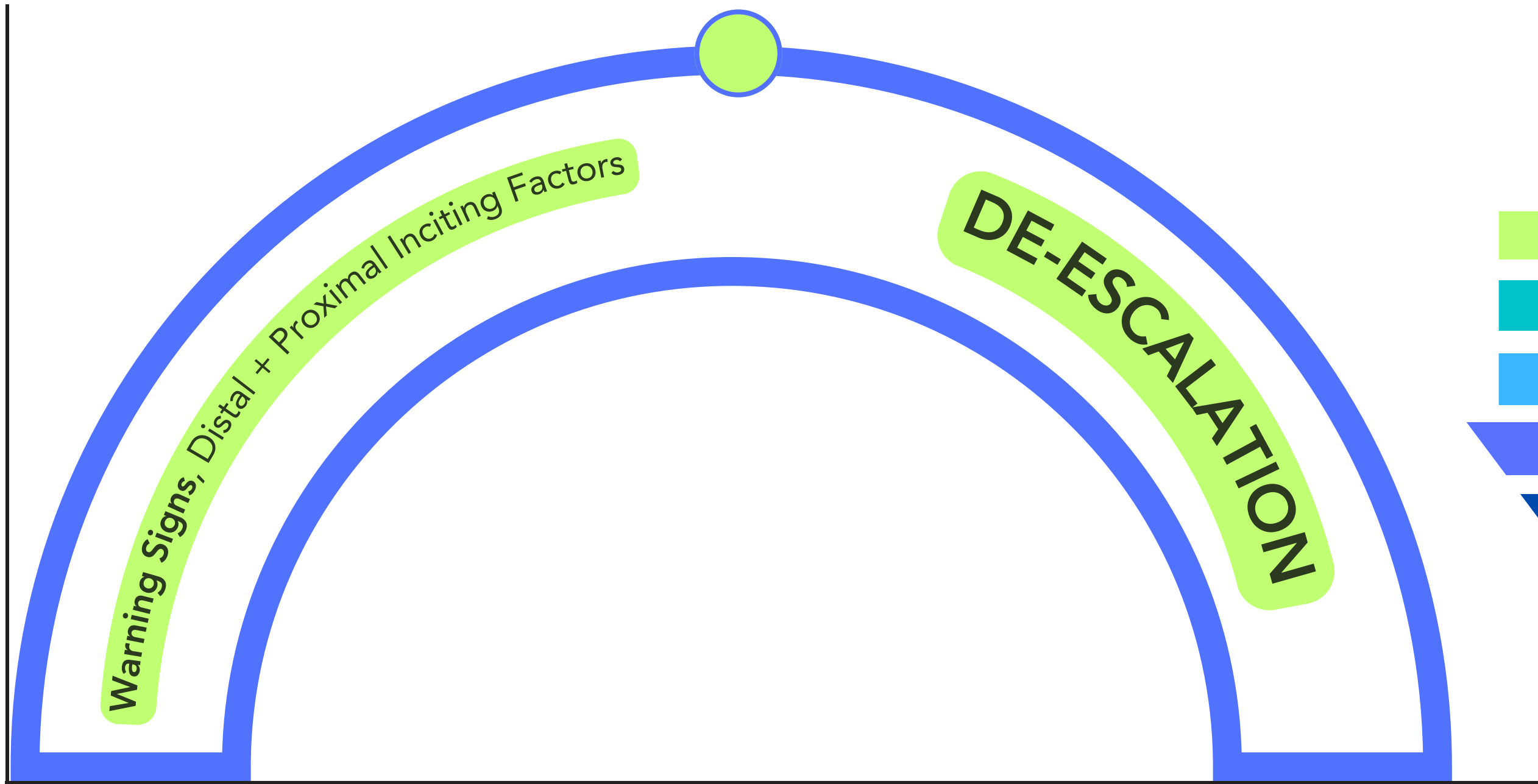
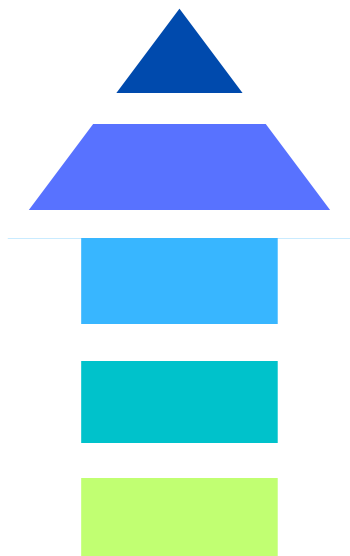
# Suicide risk

curve

DANGER OF ACTING ON  
SUICIDAL FEELINGS



SUICIDE  
RISK

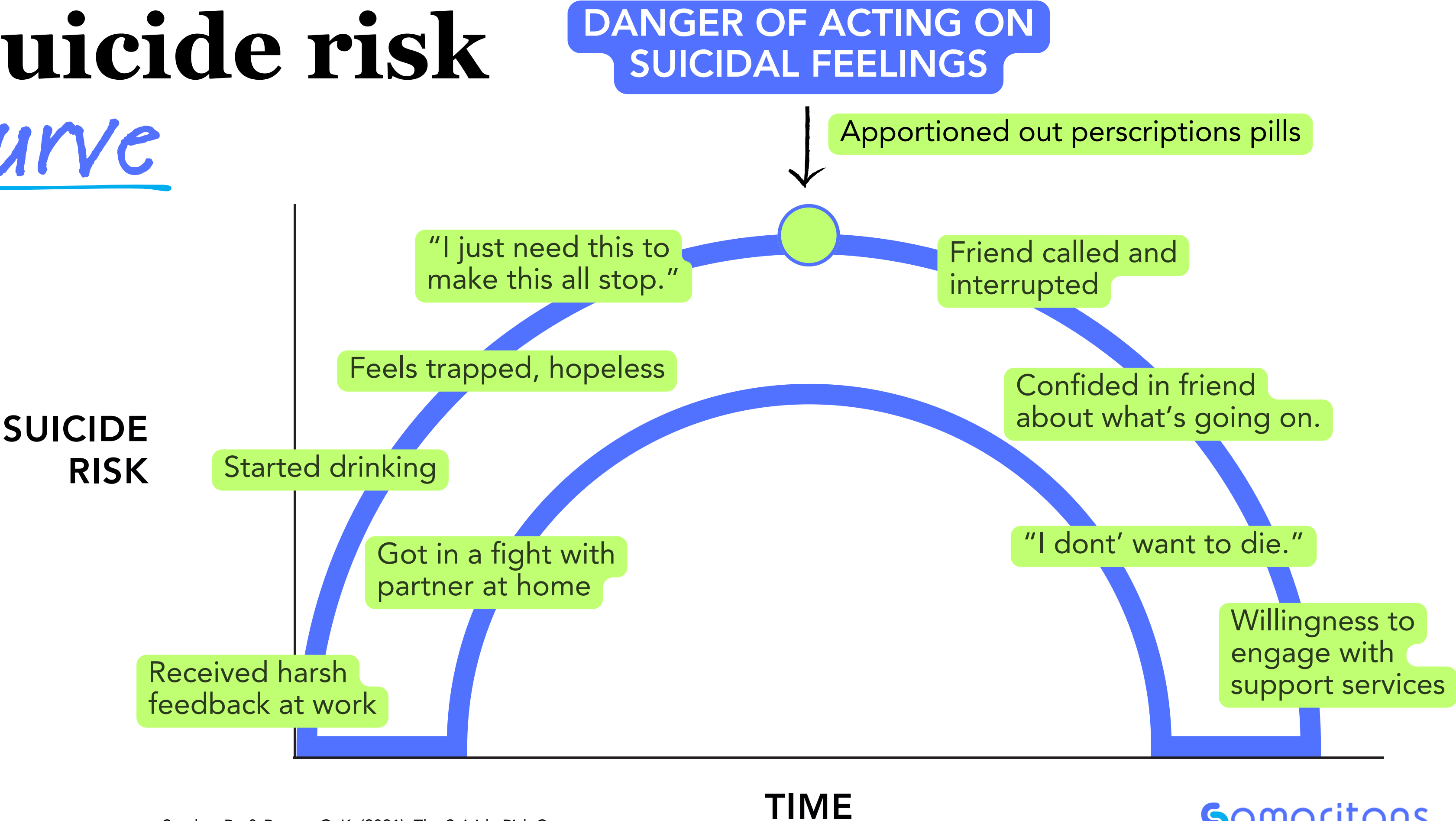


TIME

Stanley, B., & Brown, G. K. (2021). The Suicide Risk Curve

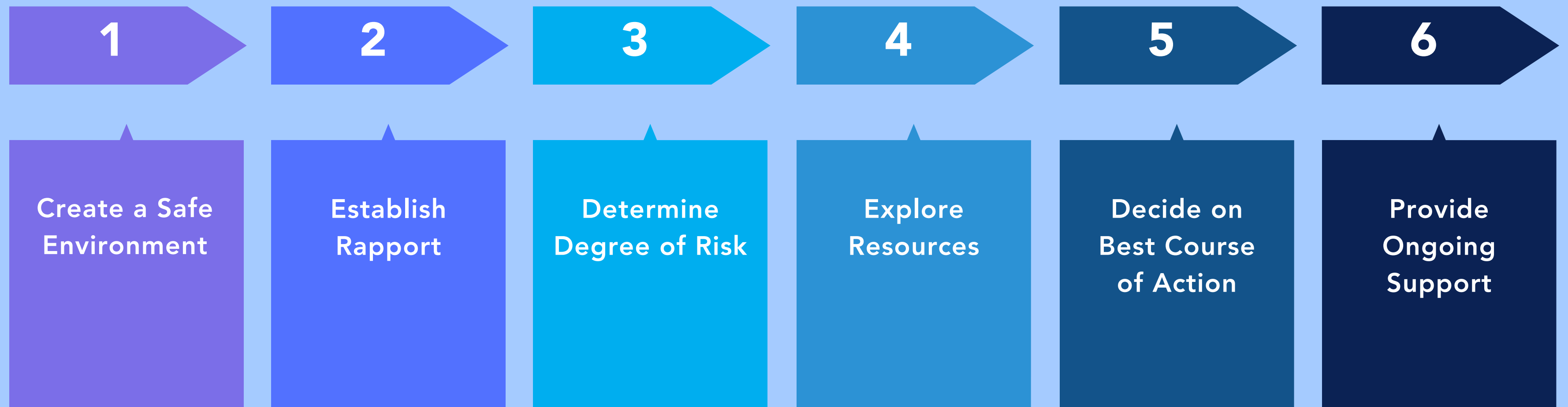
# Suicide risk

curve



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# Responding to a person in crisis.



# What are the components of a Safety Plan?



## MY SAFETY PLAN

Safety planning is a personalized, prioritized 6-step, guide designed to help reduce self-harm and suicidal behaviors.

The plan is created collaboratively with the person in distress to help them stay safe during a crisis.

The plan should be clear and concise, easy for the person in crisis to access and follow. It should be written in their own handwriting and their own words.

Samaritans' has created the following Safety Plan template utilizing the current standards and best practices.

For a step-by-step guide on how to create + implement a safety plan, go to: <https://bit.ly/SPRC-SPguide>

### Keys to Safety Planning:

- **Plan Ahead.** Create your plan before a crisis
- **Be Realistic.** Select strategies that you are likely to use (e.g. if you tend to be in crisis at 3am, then going for a run might not be possible.)
- **Make it work for you.** Keep a copy of your plan on you (a picture on your phone, a copy in your wallet, etc.)

Learn more at: [samaritansnyc.org](https://samaritansnyc.org)

1 When I notice these thoughts, feelings or behaviors I should use my safety plan.

2 **Coping Strategies**  
Things I can do on my own that help me feel better: listen to music, read, exercise, journal, etc.

3 **Distraction**  
People I can call and places I go to take my mind of things.

|  |                      |  |                      |
|--|----------------------|--|----------------------|
|  | <input type="text"/> |  | <input type="text"/> |
|  | <input type="text"/> |  | <input type="text"/> |
|  | <input type="text"/> |  | <input type="text"/> |

4 **Supportive family + friends**  
People I trust who I can reach out to for help.

|  |                      |  |                      |
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5 **Professional Services**  
Samaritans Crisis Hotline: 212-673-3000  
988 National Suicide Crisis Lifeline: Dial 988  
Crisis Text Line: Text HOME to 741741  
NYC Well: 1-888-692-9355 or text WELL to 65173  
My Local Emergency Room:

Other:

6 **Steps I can take to make my environment safer and limit my access to lethal means.**



# GOALS of the narrative interview

- Help people identify their warning signs
- Better understand how the crisis escalated and de-escalated (waxing + waning)
- Rapport building → collaboration

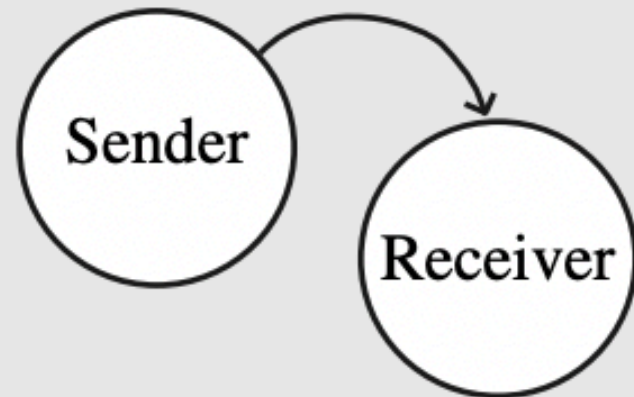
# Identifying a crisis.

1

When I notice these thoughts, feelings or behaviors I should use my safety plan.

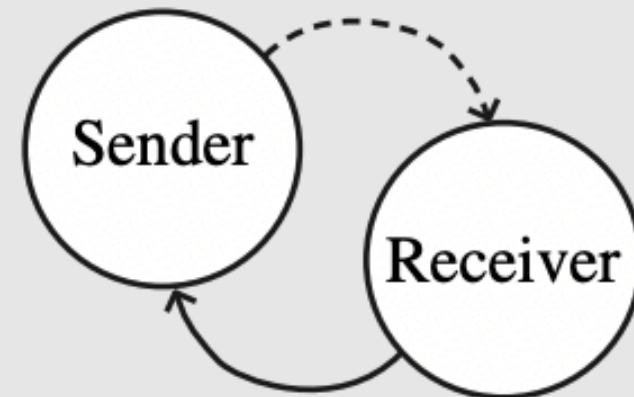
# Active *listening*

Message is sent  
with a focus that  
is predetermined



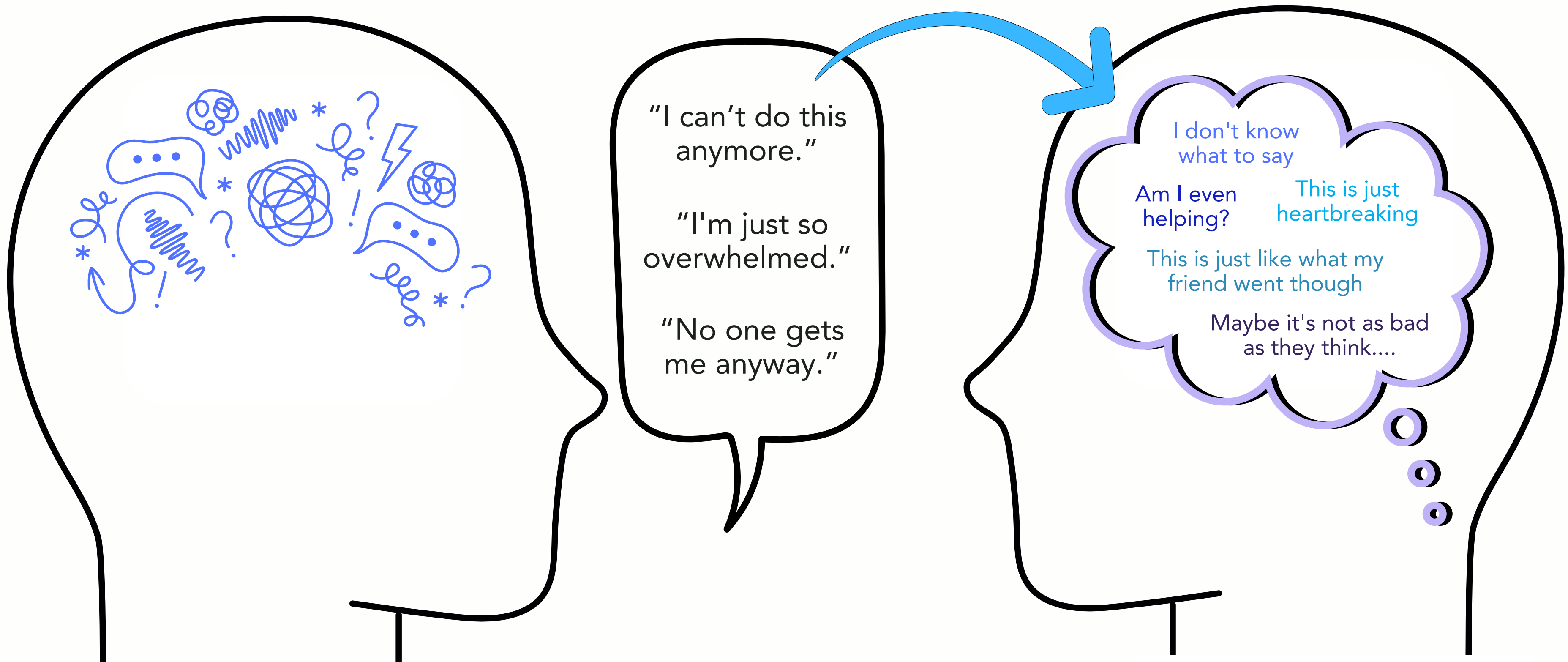
*diagram 1*

Message is sent  
only *after* input  
is received



*diagram 2*





# Obstacles to communication



What is the definition of sensitivity?

# Internal coping strategies

2

Things I can do on my own that help me feel better: listen to music, read, exercise, journal, etc.

# External coping strategies

3

People I can call and/or places I go to **distract** myself and help take my mind off things.

# Non-professional supports

4

People I trust who I can reach out to for help.

# Professional supports

4

Emergency contacts, crisis hotlines,  
text/chat services EDs, etc.



# Lethal means safety

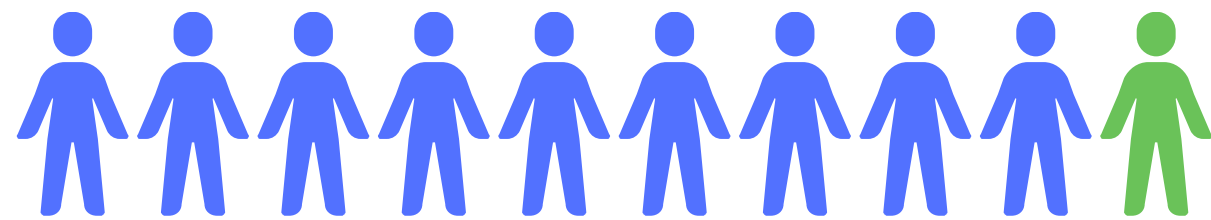
6

Steps I can take to make my environment safer and limit my access to lethal means.

# Lethal means safety

## WHAT IS LETHAL MEANS SAFETY?

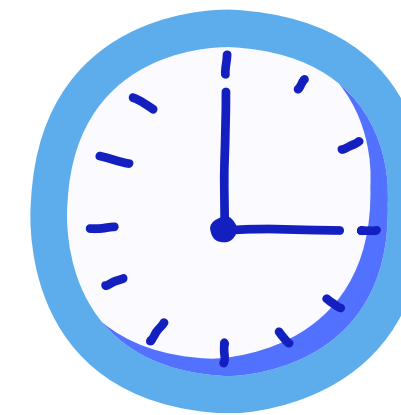
Lethal Means Safety refers to efforts aimed at making a suicide method less deadly and/or less available during a suicidal crisis.



 90%

of individuals who survive a nonfatal suicide attempt **WILL NOT** go on to die by suicide.

## MINUTES MATTER



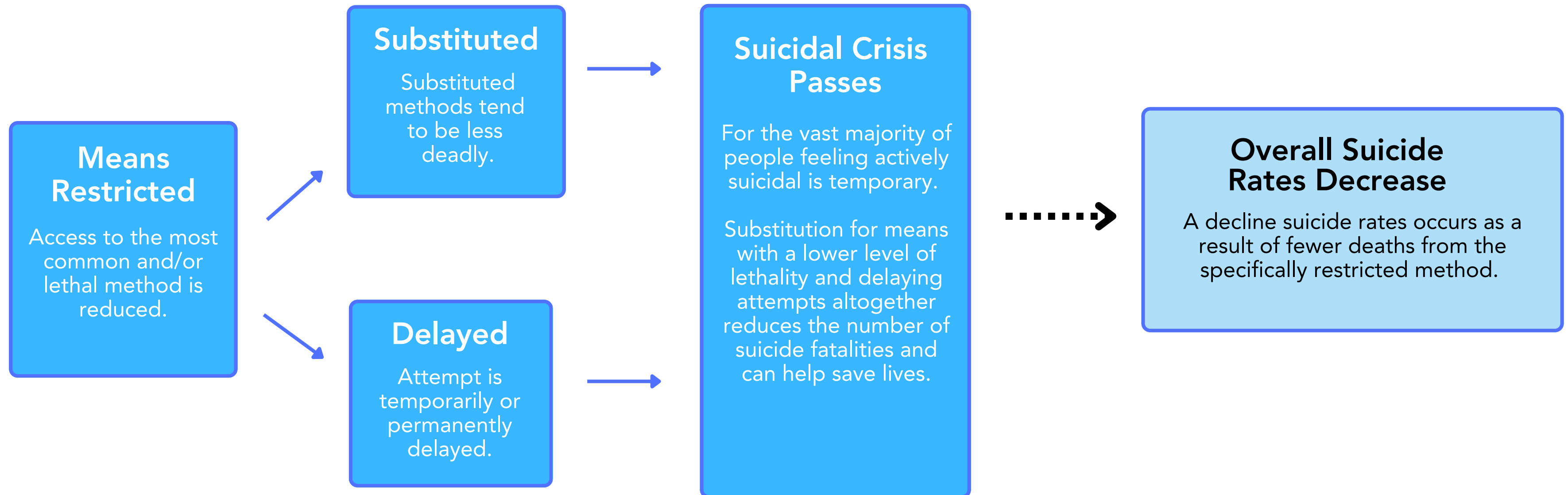
TIME



DISTANCE

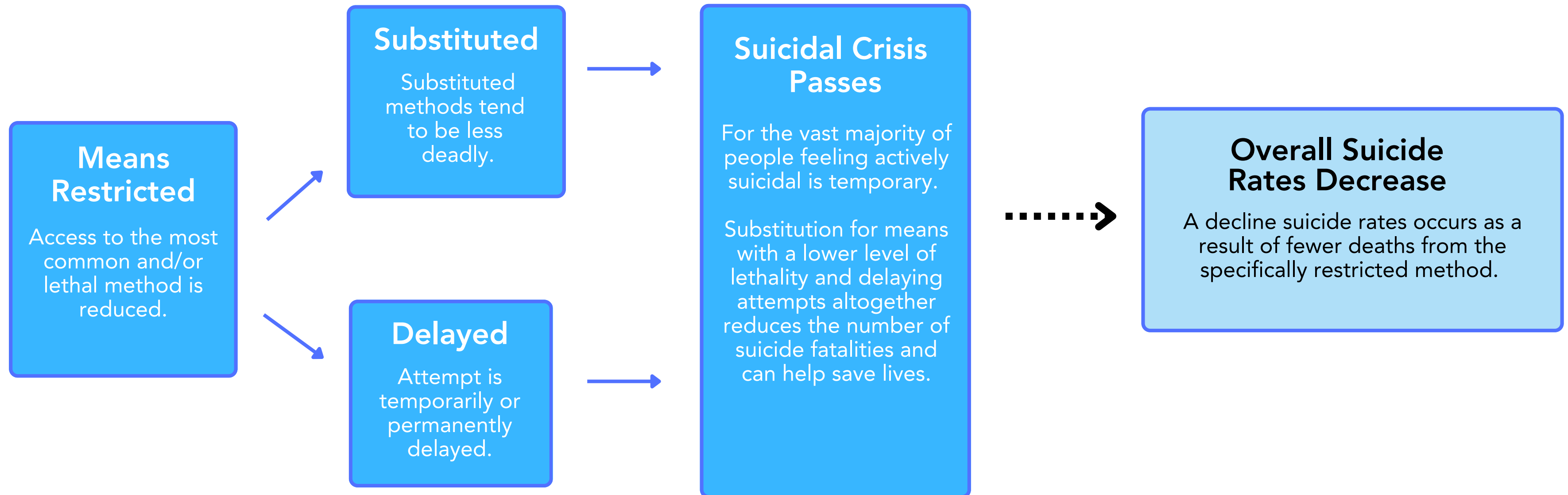
Simple actions, taken before a person is in crisis, can make all the difference. Putting time and distance between a suicidal person and lethal means can help save a life.

# HOW IT WORKS: LETHAL MEANS SAFETY



Adapted from Barber, C & Miller, M. Reducing a suicidal person's access to lethal means of suicide: a research agenda. Am J Prev Med. 2014 doi: 10.1016/j.amepre.2014.05.028.

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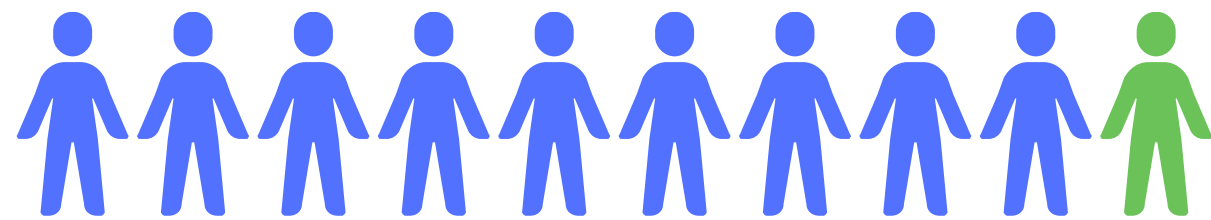


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# Lethal means safety

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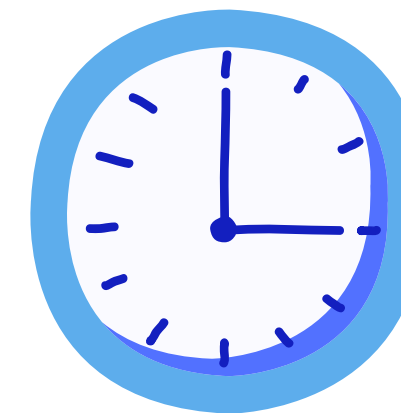
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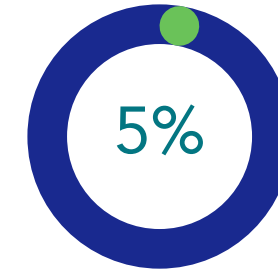
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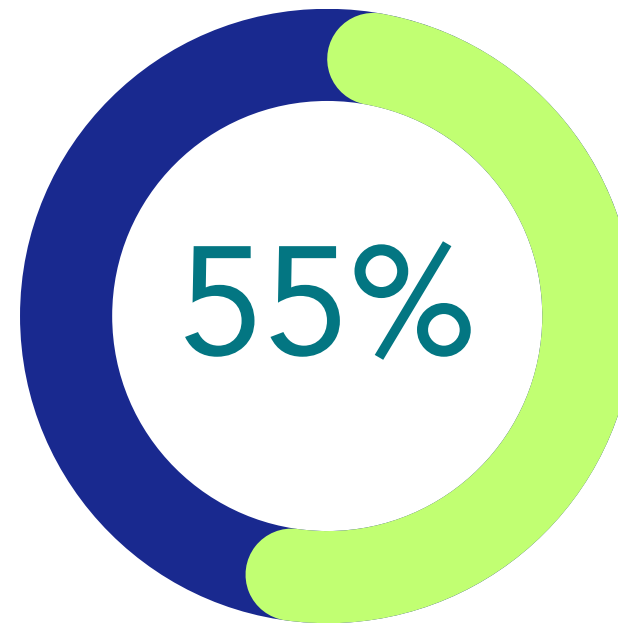
DISTANCE

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# A closer look at firearms



Less than 5% of suicide attempts involved firearms.



However, firearms account for 55% of all deaths by suicide.



90% of suicide attempts using a firearm are fatal.  
All other methods for suicide combined are 4% fatal.

THANK YOU FOR  
PARTICIPATING  
TODAY!



SAMARITANS' RESOURCE HUB  
[bit.ly/SamsResourceHub](https://bit.ly/SamsResourceHub)