

Guidelines

for using the BE SAFE App



My warning signs/triggers

What happens to me that may cause me to consider suicide - personal situations/thoughts/images/ moods or behaviours?

- Safety plan is only useful if you can recognize the warning signs.
- Obtain accurate account of the events that transpired before, during, and after the most recent suicidal crisis.
- **Ask yourself** "How will I know when the safety plan should be used?"
- **Ask yourself** "What do I experience when I start to think about suicide or feel extremely distressed?"
- List warning signs (thoughts, images, thinking processes, mood, and/or behaviors) using your own words.

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Internal coping strategies

Things I can do to take my mind off my problems without contacting another person? (exercise, music, chores, gardening, prayer etc)

- List activities you can do without contacting another person.
- Activities function as a way to take your mind off your problems and prevent suicide ideation from escalating.
- **Ask yourself** "how likely do I think I would be able to do this step during a time of crisis?"
- If there is doubt – **Ask yourself** "what might stand in the way from doing them"
- Use a problem solving approach – try and ensure roadblocks are addressed.

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People to see places to go

Who can I see or where can I go where I can be safe, connected and distracted?

- Use Step 3 if Step 2 doesn't resolve the crisis or lower the risk.
- Think about family, friends or acquaintances who may offer support/distraction during a crisis.
- **Ask yourself** "Who are the people that make me feel good when I am around them"
- **Ask yourself** "Who helps me take my mind off my problems"
- You don't have to tell them about your suicidal feelings.

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People I can ask for help

Who can I contact that knows I am struggling with suicide and will be able to help?

- Use Step 4 if Step 3 does not resolve the crisis or lower risk.
- **Ask yourself** "Among my family and friends, who could I contact for help during a crisis?"
- **Ask yourself** "How likely would I be willing to contact these individuals?"
- If you have doubt, identify potential obstacles and problem solve ways to overcome them.

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My contacts/helplines

Who will help from a professional perspective, when are they available, what do they offer?

- Use Step 5 if Step 4 does not resolve the crisis or lower risk.
- **Ask yourself** "Who are the mental health professionals that I should identify to be on my safety plan? and are there other health care providers?"
- If you have doubt, identify potential obstacles and problem solve ways to overcome them.

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My environment safety

What can I do to make the space around me safer e.g. get rid of anything that I could use to end my life?

- **Ask yourself** "What can I do to make the space around me safer e.g. get rid of anything that I could use to end my life.
- For example, if you are considering overdosing, asking a trusted family member to store the medication in a secure place might be a useful strategy.
- If drinking or drugs are an issue, what can I do to keep safe from them.

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