Suicidal thoughts: Use S.A.F.E. steps

S Stay with the student

A Access help

F Feelings: validate them

E Eliminate risk

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Campus safety: _____

Advanced responder: _____

Advanced responder: _____

If a student has expressed thoughts of suicide or self-harm behaviors, stay with the student. Some phrases to help in this situation include:

- "I'm going to stay with you while we get help."
- "This is important. I'm glad you shared this."
- "Let's walk together to get help."
- "I am concerned about your safety. I will get help."
- "Do you have any weapons, pills or other self-harm items in your possession?"

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S A F E

Collegiate S.A.F.E. Guidelines

Student has expressed thoughts of suicide or self-harm behaviors

Student is present on campus:

S **Stay** with student: don't leave them alone.

A **Access** help: "I'm going to stay with you while we get help."

Contact Campus Safety or another Advanced Trained Responder, using the code words: "blue envelope."

Escort to advanced responder -"Let's walk together to get help."

F **Feelings**: "This is important. I'm glad you shared this."

E **Eliminate risk**: Ask student if they have any weapons, pills or other self-harm items in their possession.

Remove lethal means if possible - if student refuses Campus Safety or **911** immediately.

If threat is identified via text, email or social media:

S **Stay** with student: Determine current student location and verify if they are with someone and safe.

If student cannot be located, call Campus Safety or **911** to report the concern and ask for a safety check.

Obtain phone number for emergency contact.

A **Access** help: Alert an Advanced Trained Responder of the situation. Continue communication with student.

F **Feelings**: "This is important. I'm glad you shared this."

"I am concerned about your safety. I will get help."

E **Eliminate risk**: Ask student if they have any weapons, pills or other self-harm items in their possession.

Remove lethal means if possible. If student refuses, call **911** immediately.

Access help - code words: blue envelope

Directly connect student to advanced trained responder

Advanced trained responder completes C-SSRS

Advanced Trained Responder speaks with the student to assess:

Risk level | Protective factors | Release of information | C-SSRS | Determine next steps

Low risk	Moderate risk	High risk
Complete safety plan Contact campus services	Access risk and protective factors Decide if low or high risk steps are more appropriate Link with campus and/or out-patient counseling resources	Facilitate immediate mental health evaluation – CMH or ED with verbal call ahead Consider parent/guardian notification

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Safety plan

S A F E

Step 1: Warning signs (thoughts, images, mood, situation, behavior) that a crisis may be developing:

1. _____
2. _____
3. _____

Step 2: Internal coping strategies – things I can do to take my mind off my problems without contacting another person (relaxation technique, physical activity):

1. _____
2. _____
3. _____

Step 3: People and social settings that provide distraction: _____

1. Name _____ Phone _____
2. Name _____ Phone _____
3. Place _____
4. 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 during a crisis:

1. Campus resource name _____ Phone _____
   Campus emergency contact # _____
2. Clinician name _____ Phone _____
   Clinician pager or emergency contact # _____
3. Local urgent care services _____
   Urgent care services address _____
   Urgent care services phone _____
4. Provide Suicide Prevention Lifeline phone: 988 or text "HELP" to 988.

Step 6: Making the environment safe (lock or eliminate lethal means):

1. _____
2. _____

Step 7: For referral information regarding ongoing behavioral health services:

_____

_____

Step 8: The one thing that is most important to me and worth living for is:

_____

Date completed: _____

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Plan de seguridad

S A F E

Paso 1: Señales de alerta (pensamientos, imágenes, estado de ánimo, situación, comportamiento) de una posible crisis inminente:

1. _____
2. _____
3. _____

Paso 2: Estrategias internas de afrontamiento – cosas que yo puedo hacer para desviar mi mente de los problemas sin contactar a otra persona (técnica de relajación, actividad física):

1. _____
2. _____
3. _____

Paso 3: Personas y entornos sociales que proporcionan distracción:

1. Nombre _____ Teléfono _____
2. Nombre _____ Teléfono _____
3. Lugar _____
4. Lugar _____

Paso 4: Personas a quienes puedo pedir ayuda:

1. Nombre _____ Teléfono _____
2. Nombre _____ Teléfono _____
3. Nombre _____ Teléfono _____

Paso 5: Profesionales o agencias a quienes puedo contactar durante una crisis:

1. Nombre del recurso en el campus _____ Teléfono _____
   Número de contacto para emergencias _____
2. Nombre del profesional clínico _____ Teléfono _____
   Nro. de localizador del profesional clínico o nro. de contacto de emergencia _____
3. Centro local de atención de urgencias (*urgent care*) _____
   Dirección del centro de atención de urgencias _____
   Teléfono del centro de atención de urgencias _____
4. Proporcionar el número de la línea telefónica para la Prevención del Suicidio: 988 o envíe por texto la palabra “AYUDA” al 988.

Paso 6: Cómo hacer que el entorno sea seguro (guardar bajo llave o eliminar los objetos letales):

1. _____
2. _____

Paso 7: Para información de derivación con respecto a servicios continuos de salud conductual:

_____

Paso 8: Lo más importante para mí y la razón por la que vale la pena vivir es:

_____

Fecha de compleción: _____

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