



CENTERSTONE

Suicide Prevention Pathway Information Sheet

We care about your recovery and want to help you work through this difficult time and find hope. Based on your appointment today, we feel it is important to offer you extra care and attention over the next few weeks. We call this extra care a Pathway and it's meant to support your safety while you are working on building the path forward, towards hope.

Through our Pathway, we offer additional support to assist people who are at increased risk of suicide. Of note, this period of risk may or may not include current thoughts of suicide. We know that there is an increased risk for suicide when our clients have experienced things such as recent hospital discharge, recent suicide attempt, and other life circumstances. We want to do all we can to help during vulnerable periods. We strongly believe treatment can help you create change that is meaningful to you.

Here is what to expect with the extra care and attention, provided through our Pathway:

- Together, we will create a plan that supports your safety
 - The goal of this plan is to identify warning signs of upcoming crisis and then to learn coping skills.
 - The plan would also include things like how to access support 24/7 and taking steps towards reducing risk in your environment which may include removing means or methods that could be used to hurt yourself. We'll work together to determine if your family members or a friend may need to be asked to help with this.
- For a brief time, we hope to have contact with you weekly, to see how you're doing and to review the plan for safety
 - To do this, let's make sure that I have your most current contact information
 - Additionally, we'd like to have your permission to contact a family member or friend in case we can't reach you so we will need their phone and address information as well.
- We want to explore your current services to verify everything still works with the extra care we want to provide:
 - If there is a current appointment with one of our medical staff, we may want to discuss moving that to a sooner date to discuss your current medications or adding/changing medications that could help during your recovery
 - We will notify other staff persons you're working with at Centerstone about the addition of the pathway
 - We can also update your treatment plan if any changes need to be made
- If you don't keep an appointment, we will try to call you. If we can't reach you immediately, we will call you and/or your emergency contact for a period of time. If we can't reach you, we'll send a letter and hope you will reach out to us.
- **Most important, we hope you include us in your path forward**
 - **We are here to support you in finding ways to avoid suicide.**
 - We also hope to involve people close to you - with your permission - so they can better assist you

If you are in crisis, call/text 988.

Visit <https://988lifeline.org/chat> for online chat. All calls/chats/texts are free and confidential.