

VCCYF Suicide Care Pathway

What should you expect?

Family Map



SAFETY PLANNING

Safety planning is a critical aspect of any suicide-related care and will be part of the work your family does with your clinician. A safety plan helps emphasize that we understand and take seriously your child's distress and that there are strategies they can use to make these thoughts or urges more manageable. These tools can help serve as a resource between appointments.

The initial safety plan may be very basic and over time it should be re-evaluated and revised; think of it as a living document that changes as new strategies and insight develop. Research has shown that having an easily accessible safety card or safety app on a cellphone may be the most helpful in moments of crisis. With that said, the most important thing is that the safety plan feels helpful for your child so we may need to try a few different formats and strategies in order to find the best fit.

Sometimes children and adolescents struggle to create or use a safety plan and this is where family interventions focused on increasing safety, supervision and finding ways to communicate and support your child in a helpful way become even more critical. Therefore the safety planning will involve the whole family.

PROFESSIONAL HELP

LOCAL CRISIS LINE:

SUICIDE PREVENTION LIFELINE: 1-800-273-8255

NATIONAL CRISIS TEXT LINE: 741741