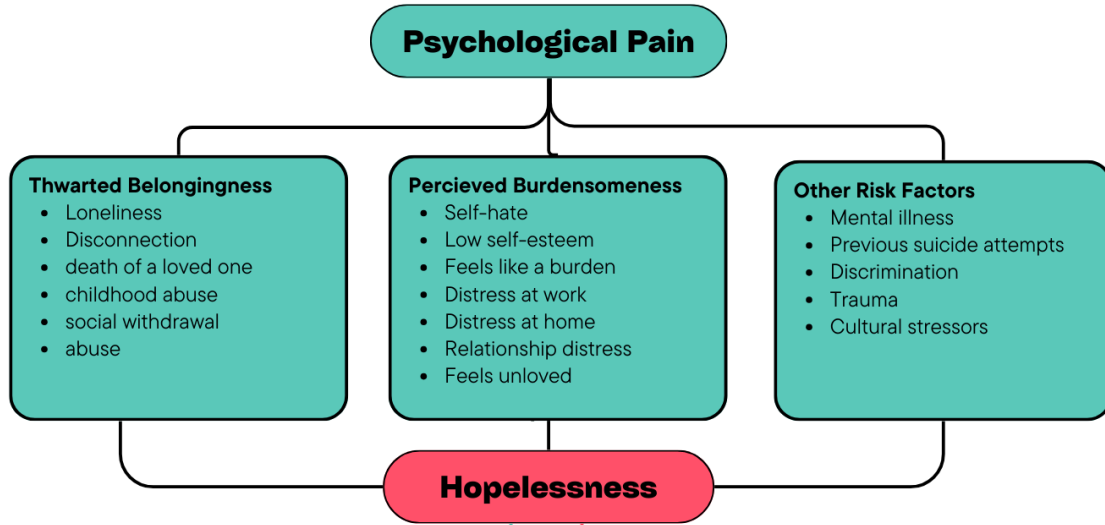
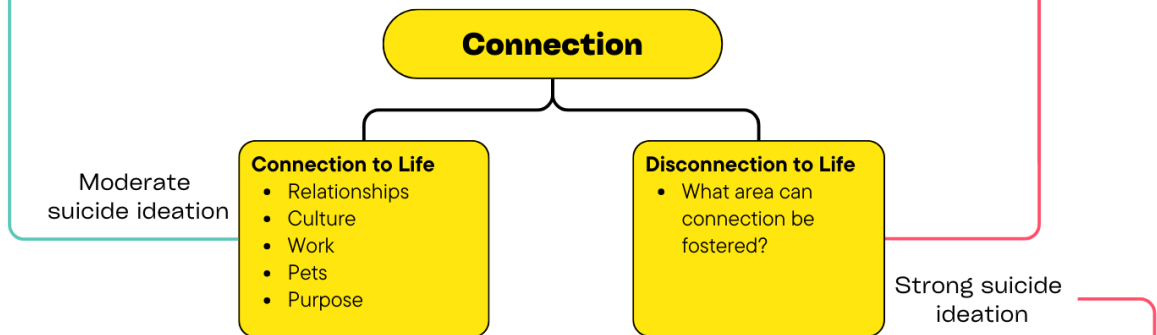


Visual Suicide Concept Model

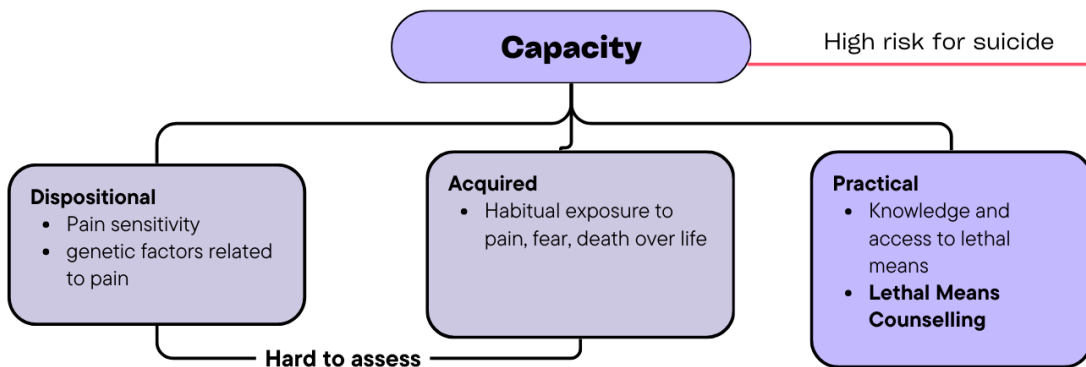
Step One: Is there a source of psychological **pain** & **hopelessness**



Step Two: Is pain greater than connectedness?

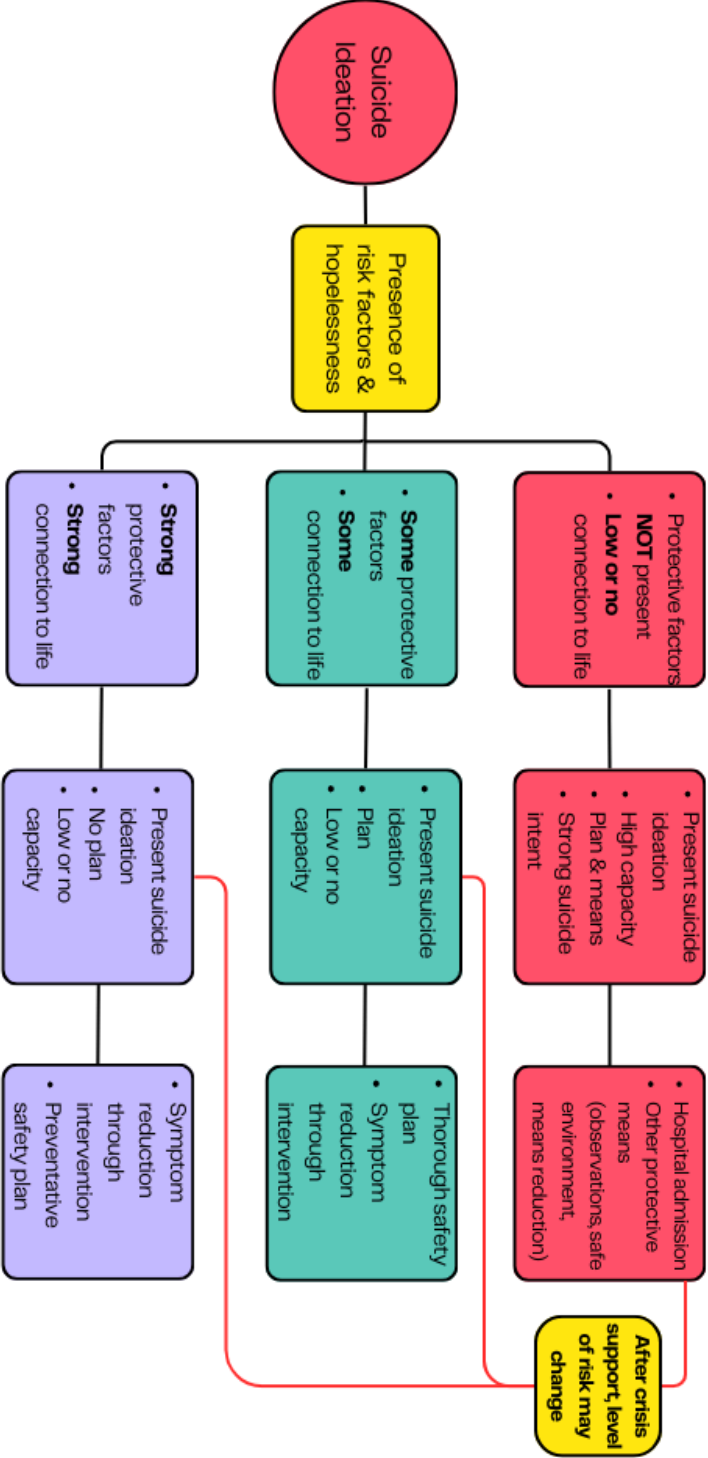


Step Three: Is there capacity for suicide?



Model based on the Three Step Theory of Suicide (Klonsky & May, 2015) and the Interpersonal Theory of Suicide (Joiner, 2005) and influenced by the works of Chu et al., 2020; Mirick et al., 2023; Shepherd et al., 2023; Van Orden et al., 2010. Created by Brooke Dalton.

Steps in Suicide Intervention



Model developed and influenced by the works of Joiner, 2005; Klonsky & May, 2015; Minnesota Department of Health, 2019. Created by Brooke Dalton



The Stanley-Brown Safety Plan

Step 1: Recognizing warning signs of suicide. This is a way to support understanding but also awareness of a client's particular thoughts, feelings, emotions, situations that might prompt a suicide crisis or increased suicide risk.

Step 2: Using internal coping strategies to support the individual in distracting themselves from the crisis and give them time for the intense suicide emotions to pass. These strategies can include activities, hobbies, and specific actions.

Step 3: Focus on utilizing connections in someone's life to support them from suicidal thoughts. Socializing in a comfortable setting or another positive social setting may be another way to distract from suicidal thoughts.

Step 4: Contact family or friends who may be able to support the individual. This step includes explicitly discussing they are thinking of suicide to a close family member or friend to gain support in coping.

Step 5: Contact mental health professionals, or agencies. This could include crisis lines, other supports within the community, whether walk-in counselling, hospitalization etc.

Step 6: Maintaining a safe environment. Even if the client does not have a specific plan, exploring ways to ensure physical safety, such as limiting access to lethal means is an important exploration to help clients support their own safety in the event of suicide crisis.

Step 7: Identify reasons for living. This step is optional but can be an excellent way to support connection to life.

Using This Tool

- Access to the safety planning form can be found at the following link:
<https://bgg.11b.myftpupload.com/wp-content/uploads/2021/08/Stanley-Brown-Safety-Plan-8-6-21.pdf>
- Training to use this tool can accessed at: <https://suicidesafetyplan.com/training/>
- A digital version can be accessed at: <https://www.mysafetyplan.org/>



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