CHILD, CAREGIVER, & CLINICIAN SAFETY PLANNING GUIDE

Trauma-Informed Suicide Safety Plan: Youth Version

KLASEY CONSULTING

You Are Not in Trouble—You Deserve Care and Safety: Sometimes big feelings, scary memories, or heavy stress make kids wish the pain would stop or think about not wanting to be here **(NCTSN, 2020)**. Having those thoughts does not mean you are bad or broken—it means your brain and body are overwhelmed and need help from safe grown-ups **(SAMHSA, 2014)**. We are building this plan together so you always know what helps you feel calmer and which safe adults will keep you protected.

Child's Name: _____	**Date Created / Reviewed:** _____
Safe Caregiver(s): _____	**Helper / Counselor:** _____

Step 1: Body Clues & Big Feeling Signals

When stress starts building up, our bodies and minds send early clues. Noticing them early helps us get support right away:

Where I Feel Clues	What Happens for Me (Words or Drawings)
My Body Clues (e.g., tummy ache, fast heartbeat, hot face, tight throat, feeling frozen)	
My Feelings & Thoughts (e.g., feeling alone, very sad, mad, scared, thinking "nobody cares")	
Hard Moments or Places (e.g., bedtime, loud arguments, school trouble, missing someone)	

Step 2: Things That Help My Body & Brain Feel Calmer

Check or write down gentle activities I can do when big feelings start—either on my own or with a safe grown-up nearby:

Calming Ideas to Try	My Top 3 Favorite Comfort Things
☐ Hug a favorite stuffed animal, soft blanket, or family pet ☐ Take slow "bubble breaths" or blow on a pinwheel/warm cocoa ☐ Color, draw, build with blocks, or squeeze playdough/stress ball ☐ Listen to a calming story, lullaby, or favorite happy song ☐ Sit in a cozy corner with dim lights or take a cool sip of water ☐ Ask a safe grown-up to sit beside me and read or hold my hand	1. _____ _ 2. _____ _ 3. _____ _ **Safe rooms or spots where I feel cozy:** _____ ____

Step 3: Safe Grown-Ups Who Will Help Keep Me Safe

Kids should never have to carry heavy or scary thoughts alone. These safe adults promise to listen with kindness and help right away:

Safe Adult Role	Grown-Up's Name	How to Reach / Code Word
Safe Grown-Up at Home		
Safe Family Member / Neighbor		
Safe Grown-Up at School (School counselor, nurse, teacher)		
Counselor / Doctor / Helper		
988 Suicide & Crisis Lifeline (Free 24/7 help for kids & families)	24/7 Call, Text, or Chat	**Call or Text: 988** Chat: 988lifeline.org

Step 4: Caregiver Pledge — Making Our Home Extra Safe

Because children's safety is an adult responsibility, caregivers and clinicians review this section together to remove or lock up anything dangerous **(Stanley & Brown, 2012)**:

Home Safety Step	Caregiver Action Plan
Securing Medicines & Household Items	☐ All prescription and over-the-counter medications are locked in a secure lockbox ☐ Sharp objects, cords, ropes, and household chemicals are locked away or removed ☐ Any firearms are stored unloaded, locked in a gun safe, with ammunition locked separately (or stored off-site)
Warm Supervision & Check-Ins	Caregivers will keep bedroom doors open or check in gently during high-stress times, stay nearby without judgment, and contact the child's clinician or **988** if extra support is needed.

Step 5: People, Pets, & Things I Love

Things That Bring Me Joy & Hope (Family, pets, favorite games, future wishes)	

Sources & Clinical References

1. Stanley, B., & Brown, G. K. (2012). Safety planning intervention: A brief intervention to mitigate suicide risk. *Cognitive and Behavioral Practice*, 19(2), 256–264.
2. National Child Traumatic Stress Network (NCTSN). (2020). *Trauma-Informed Suicide Prevention and Safety Planning for Children and Youth*. National Center for Child Traumatic Stress / SAMHSA.
3. Substance Abuse and Mental Health Services Administration (SAMHSA). (2014). *SAMHSA's Concept of Trauma and Guidance for a Trauma-Informed Approach* (HHS Publication No. SMA 14-4884). U.S. Department of Health and Human Services.

Partner with Klasey Consulting

Interested in trauma-informed youth suicide prevention trainings, caregiver workshops, or clinical consultation for your team? Contact us at **info@klaseyconsulting.com** to learn more about our trainings and consultation services.

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