COLLABORATIVE CRISIS & NERVOUS SYSTEM SUPPORT TOOL

Trauma-Informed Suicide Safety Plan: Adolescent Version

KLASEY KC CONSULTING

> **Your Life Has Value & Your Voice Matters:** Thoughts of suicide often show up when emotional pain, trauma reminders, or life stress feel heavier than your current coping bandwidth—not because you are weak or beyond help **(SAMHSA, 2014)**. This plan is a judgment-free roadmap you create collaboratively to help you recognize early warning signs, ride out intense emotional waves, lean on safe peers and adults, and keep your environment secure until the storm passes **(Stanley & Brown, 2012)**.

Name: _____	**Date Created / Updated:** _____
Collaborating Counselor / Adult: _____	**Where I Keep This Plan:** _____

Step 1: Recognizing My Early Warning Signs

Noticing subtle shifts in your body, mood, or daily environment early gives you a chance to use support before a crisis peaks:

Signal Area	What I Notice Happening for Me
Body & Nervous System Cues (e.g., chest tightness, racing heart, shutting down/numbness, sleep changes)	
Thoughts & Emotional Shifts (e.g., feeling like a burden, hopelessness, shame spirals, wanting to disappear)	
Situations, Triggers, or Times (e.g., late nights alone, peer/online conflict, family stress, trauma anniversaries)	

Step 2: Internal Grounding & Coping Strategies

Things I can do on my own to help my nervous system settle and give intense feelings space to pass:

Sensory & Nervous System Reset Options	My Top 3 Go-To Strategies
☐ Use cold temperature (splash cold water on face, hold ice cubes, cool drink) ☐ Practice paced breathing (inhale 4 seconds, exhale 6 seconds) ☐ Put on headphones with comforting music, a podcast, or a familiar show ☐ Move or stretch my body, walk outdoors, or spend time with a pet ☐ Journal, sketch, or use 5-4-3-2-1 sensory grounding to stay in the present	1. _____ 2. _____ 3. _____ **Safe spaces at home, school, or community:** _____

Step 3: People & Spaces That Help Me Feel Connected

You don't have to explain everything—sometimes just hanging out, texting, or sitting near someone safe helps break isolation:

Connection / Safe Space	Name / Location	Phone / Text / How to Connect
Trusted Friend or Peer		
Second Safe Friend / Peer		
Safe Hangout Space (No Alcohol/Substances)		

Step 4: Trusted Adults & 24/7 Free Confidential Crisis Support

If coping strategies and peer connection aren't enough, reach out right away to a trusted adult or free 24/7 crisis counselor **(NCTSN, 2020)**:

Adult / Crisis Resource	Name / Service	Phone / Text / Chat
Trusted Adult at Home / Family		
Trusted Adult at School / Community (Counselor, social worker, coach, teacher)		
Therapist / Healthcare Provider		

Adult / Crisis Resource	Name / Service	Phone / Text / Chat
988 Suicide & Crisis Lifeline (Free, confidential 24/7 support in English & Spanish)	24/7 Call, Text, or Online Chat	**Call or Text: 988** Chat: 988lifeline.org
Crisis Text Line	24/7 Free Confidential Text Support	**Text HOME to 741741**
The Trevor Project (LGBTQ+ Youth)	24/7 Affirming Youth Crisis Support	**Call: 1-866-488-7386** **Text START to 678-678**

Step 5: Making My Environment Safer (Lethal Means Safety)

Putting time and distance between a suicidal urge and dangerous items saves lives **(SAMHSA, 2023)**. Steps agreed upon with my caregiver/supporter:

Safety Area	Collaborative Protection Steps
Securing Medications, Sharps, & Firearms	☐ Medications (prescription & OTC) are locked up and dispensed by a trusted adult ☐ Sharp items, cords, or other high-risk objects are removed or secured ☐ Any firearms in the home are locked unloaded in a safe with ammunition locked separately (or stored off-site)
My Anchors & Reasons for Living	**People, pets, dreams, or values worth staying for:** _____ _____

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.
4. Substance Abuse and Mental Health Services Administration (SAMHSA). (2023). *Practical Guide for Implementing a Trauma-Informed Approach* (SAMHSA Publication No. PEP23-06-05-005). U.S. Department of Health and Human Services.

Partner with Klasey Consulting

Interested in trauma-informed adolescent suicide prevention trainings, school/agency workshops, or clinical consultation? Contact us at **info@klaseyconsulting.com** to learn more about our trainings and consultation services.

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