[Insert organisation name/logo]

# KEEP SAFE STRATEGIES HANDOUT

|  |  |
| --- | --- |
| **Create a safe environment*** Avoid drugs and alcohol
* Remove anything that you can use to hurt or harm yourself
* Go somewhere where you feel safe and are not alone
 | **List other helpful strategies*** What has worker for you in the past?
* What might work for you now?
* Discuss your options with your caseworker
 |
| **Talk to someone supportive*** Seek out someone you trust – tell them you would like their support
* Ask them to stay with you for the next 24-48 hrs. until you feel more settled
* **Call lifeline 13 11 14**
 | **Talk to your caseworker*** Let them know you are experiencing suicidal thoughts
* Let them help to assess the seriousness of the situation
* Let them help you find ways of coping
 |
| **Be “mindful” of your thoughts*** Take a step back and watch your thoughts. Imagine they are clouds drifting across the sky
* Don’t see them as “bad” or “good” but simply as thoughts or objects in your mind. This can limit the power of thoughts of suicide or helplessness.
 | **Know the nature of your thoughts and challenge them**Suicidal thoughts come in waves, reaching a peak and then subside over a few hours. Recognising this will help you see that it will pass. Sometimes, the thoughts are worse at particular times (e.g. at night or when you are alone). When you are depressed or down, it’s common to have thoughts that are consistent with these moods. Even though things feel hopeless, this may just be a consequence of your mood, not necessarily how things really are. |
| **Reasons to live*** Think of all the reasons why you should not end your life. Write down anything you come up with
* Think about how ending your life might affect others
 |

This diagram has been taken from The Buttery (2013). Management of Suicidal Ideation and Self Harm. Bangalow: The Buttery.