

Student Support Plan for Suicide Ideation

Template

Step 1 | Warning Signs

Thoughts, images, mood, situation, or behavior that a crisis may be developing:

Response 1

Response 2

Response 3

Step 2 | Internal Coping Strategies

Things I can do to take my mind off my problems without contacting another person (relaxation techniques, physical activity):

Response 1

Response 2

Response 3

Step 3 | Important Things

Some things that are important to me and worth living for:

Response 1

Response 2

Response 3

Step 4 | Trusted People

Adults at home and at school whom I can ask for help:

Response 1

Response 2

Response 3

Step 5 | Outside Help

Professionals or agencies I can contact during a crisis:

Contact 1 Community Mental Health

Phone

Name

Contact 2

Phone

Contact 3

Phone

Step 6 | Access to Lethal Means

Discuss the student's access to lethal means (Removing medication, locking up firearms, etc.)

Response 1

Response 2

Immediate Crisis Support

- Call 911 for an emergency.
- Call or text 988 for the Suicide & Crisis Lifeline.
- SafeUT: SafeUT.org

When a student expresses suicidal intent, parental notification and suicide prevention education, firearm safety and medication safety materials are required. These resources are accessible on [USB's Suicide Prevention website](#).