

Appendix G

BEHAVIOR COACHING

Family Safety Plan for Self-Harm and Suicidality

It can feel scary to support a loved one who is engaging in self-harm behaviors or experiencing suicidal thoughts or urges. You may avoid discussions, express frustration, or try to convince them not to think or feel that way. When we can broach the topic and help our loved ones work through their painful feelings, the symptoms of self-harm and suicidality can decrease. With the support of a psychotherapist, you can use the steps of *emotion coaching* to do so. In addition to emotional support, creating a safety plan is a key element to support.

Warning signs of self-harm/suicidality (e.g., isolation, consistent low mood):

Risks in the home (e.g., medication, sharp objects):

Plan to eliminate risks (e.g., lock up medications, remove or limit access to sharp objects):

Plan to increase one-to-one monitoring (e.g., sleep in loved one's room, invite trusted family members to offer support while away).

Review

1. If you believe your loved one is engaging in self-harm behaviors or experiencing suicidal thoughts or urges, *seek out professional help or emergency services as appropriate.*
2. Use the strategies of emotion coaching to help your loved one work through the emotions associated with his or her symptoms or distress.
3. Stay with your loved one; offer connection and a sense of safety.
4. Manage risks in the home (sharp objects, medications etc.).
5. Call your local crisis services (get support from a mental health professional).
6. Go to your local emergency department and request crisis support. If your loved one refuses to accompany you, call your mobile crisis team or emergency services.