

ACTION PLAN FOR OFFICERS WHO EXPERIENCE SUICIDAL THOUGHTS



It is important to develop a plan to get support, identify what is causing these thoughts, and work through them. Every individual's plan is different. Your plan may include, but is not limited to, the following:

ASKING FOR HELP FROM SOMEONE WHO YOU TRUST—SCHEDULE ROUTINE CHECK-INS

- A culturally competent counselor or therapist
- A primary care physician
- An agency chaplain or other clergy member
- Support groups
- A supervisor
- A peer
- Family
- Friends
- Employee Assistance Program
- Private insurance
- Workers' compensation, if appropriate

DEVELOPING A LIST OF ACTIVITIES THAT PRIORITIZE YOUR WELLNESS, OFFER COMFORT, AND MITIGATE THE SUICIDAL THOUGHTS

- Following through with routine check-ins
- Writing down triggers and sharing them with a trusted friend
- Enjoying nature
- Practicing personal hygiene
- Following a healthy diet and exercising
- Spending time with family and friends
- Getting sufficient sleep
- Enjoying your hobbies

IDENTIFYING AN EMERGENCY CONTACT WHO WILL BE AVAILABLE TO YOU AROUND THE CLOCK

LISTING YOUR REASONS FOR LIVING

- Family and friends
- Animal companions
- Unfulfilled goals
- Spirituality

WRITING DOWN A LIST OF YOUR BIGGEST STRUGGLES

- Planning your course of action for each issue
- Tackling each issue with bite-sized tasks
- Making realistic goals for the short-, medium-, and long-term

REMOVING AS MUCH STRESS IN YOUR LIFE AS YOU CAN, INCLUDING PEOPLE THAT ARE A NEGATIVE INFLUENCE

LISTING THINGS THAT YOU WILL DO TODAY, TOMORROW, AND THE NEXT DAY AND CHECKING THEM OFF AS YOU DO THEM

ONLY FOCUSING ON DOING ONE DIFFICULT THING THAT YOU HAVE BEEN PUTTING OFF AT A TIME

CELEBRATING YOUR ACCOMPLISHMENTS, BOTH BIG AND SMALL

HEALING BY HELPING OTHERS

ASKING FOR HELP IS A SIGN OF STRENGTH

Understand that there are ways to manage suicidal thoughts. You do not need to “tough it out.” With help and support, you can get through this. **It is not permanent.**

**IF YOU ARE EXPERIENCING SUICIDAL THOUGHTS
OR CONSIDERING SELF-HARM,
PLEASE CALL A HOTLINE OR REACH OUT
TO SOMEONE YOU KNOW FOR IMMEDIATE SUPPORT.**



**SUICIDE & CRISIS
LIFELINE**

988

CRISIS TEXT LINE

Text “BLUE”
to **741741**

**THIS DOCUMENT SUPPORTS THE SAFLEO WEB EVENT
ENHANCING RESILIENCE BY EMBRACING COURAGEOUS VULNERABILITY.**

WE ENCOURAGE YOU TO VIEW A RECORDING OF THE WEB EVENT BY VISITING [SAFLEO.ORG](https://www.safleo.org).



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