

SAFETY PLAN

- Treat any and all threats, ideas, plans or discussion of suicide as serious
- Remove any likely methods of self harm or suicide
- Be aware that if one method is removed, the suicidal person may consider another method. Try to prevent access or minimize the risk of the suicidal person having access to a range of methods of suicide
- For parents or responsible adult to remove and/or lock away in a safe place, for example, inside a car boot with key held by adult

In the home consider removing

- All prescribed and over the counter medications, alternative and homeopathic remedies, vitamins, iron tablets
- Household poisons / cleaners, bleach etc
- Alcoholic beverages, alcohol related products, and any other “substances”
- Sharp objects, kitchen tools, DIY tools, razor blades, craft tools & blades, mathematical instruments, e.g. protractors, compasses), pencil sharpener blade
- Lengths of rope, curtains, blinds, window hangings, belts, straps
- Guns, air pistols, any sharp objects e.g. gardening tools
- Cling film (e.g. Glad Wrap), soft plastic bags, sheeting, carrier bags or any other related item which may impair breathing
- Car keys to be taken from and kept in a secure place away from the young person

Additionally

- Check drawers and cupboards for old medication and any other potentially lethal implements
- Look through pockets of coats and clothing in general for painkillers and other tablets
- Look through the young person’s school bag or back pack, and any other bags, purses, holdalls, sports bags, luggage in general
- Check out garden sheds, outhouses and garages for ropes, tools and poisons
- Child or young person to be supervised at all times around water, both in and outdoors
- Parents to ensure child or youth remains with a responsible adult at all times, until seen at Kari Centre
- If the young person voices intent to harm another, parents and carers are encouraged to contact the police. This is for the safety of young person and potential victim

If Kari Centre staff believe there is imminent potential for harm to the young person or others, we will inform the police and any named victim.

Who to contact for other support:

- Kari Centre (09) 623 4646 – Ask for Intake (8.00am-4-30pm)
- After hours crisis support 0800 800717
- Lifeline 0800543 543
- Youthline - 0800 376 633 Free text – 234 or email talk@youthline.co.nz
- What’s Up: (1pm-11pm) 0800 942 8787
- If immediately at risk of harm to self or others **Call 111**