

Sample Safety Card	
<b>What signs should I watch for?</b>	
Identify triggers and warning signs	
1. <i>I isolate myself, my depression gets worse</i>	
2. <i>I start misusing my medications</i>	
3. <i>I start driving more recklessly and taking more risks</i>	
<b>What helps me feel better?</b>	
Coping strategies and safe social places	
1. <i>Focus on my breathing exercises</i>	
2. <i>Walk to my favorite bookstore</i>	
3. <i>Watch a funny movie</i>	
<b>Who can I talk to?</b>	
Family/Friends	
1. <i>My friend Tomás</i>	
2. <i>My sister Lara</i>	
3.	
<b>What professionals can I call?</b>	
Professionals/Agencies/Helplines	
1. <i>Call or text 988 - 24/7 suicide helpline</i>	
2. <i>My psychiatrist: Dr. Li (555) 123-4567</i>	
3.	
<b>How can I make the situation safer?</b>	
Reduce access to lethal means	
1. <i>Don't keep guns at home</i>	
2. <i>Lock away or remove medications, drugs, and toxic substances</i>	
3. <i>Give someone else my car keys, don't drive/get in my car</i>	
<b>What keeps me going?</b>	
Remember what matters most	
1. <i>My siblings and my dog love me unconditionally</i>	
2. <i>I want to achieve my dream of being a wildlife photographer and seeing the world</i>	
3.	

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 with **J. John Mann, MD**  
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