

Suicide Prevention Playbook Worksheet



We all need the skills to help others and ourselves if we are having thoughts about suicide or struggling with our mental health.

If you have personal experiences with suicide, the Playbook could bring up painful emotions for you. If this happens, please stop the assignment and talk to a trusted adult.

What resources are available to me?



My parents



988
(text or call to speak with a crisis counselor anytime)



Safe UT
(chat with a crisis counselor anytime)

Who are some other adults you could talk to if you or a friend were having a mental health concern?

What are the warning signs that someone might be thinking about suicide?

What they say:

How they act:

Examples of mood changes:

Examples of stressful or big changes:

What could I say to encourage a friend to seek help?

What can I do when I'm struggling with my mental health?

Healthy activities that improve my mood:

Safe places I can go to improve my mood:

People I can talk to when I'm feeling down:

Professionals who can help me:

What can I do if a friend asks me to keep a secret about suicide?

Select all that apply:

Keep their secret to respect their privacy.

Put in an anonymous tip on the SafeUT app right away.

Go tell a trusted adult right away.

Say, "I care about you too much to keep a secret like this. Let's go talk to someone together. Do you want to tell your parents first or the school counselor?"

What gives me hope and motivation to keep going when I'm struggling?

This could be people, pets, goals for the future, sense of purpose in life, spiritual beliefs or practices, or something you are looking forward to.

