

Suicide Postvention Preparation Plan

Many providers will lose a patient to suicide over the course of their careers, impacting both their professional and personal lives. If this has happened to you, you are not alone. Creating a suicide postvention preparation plan can help you navigate this complex and tragic loss. A well-developed plan will allow you to take immediate steps after a patient suicide to take care of yourself and your professional practice. Seeking support, sharing with others, and engaging in self-care are important parts of healing.

General Recommendations:

- Create an electronic file/document or a physical copy of your plan. Make sure you can access the plan easily from both your home and wherever you deliver care.
- Organize your plan. Consider separating your plan into sections so that you can easily access the specific information and resources you need at each stage of the grieving process. See the sample plan below as an example.
- The immediate aftermath of a suicide loss can be an emotionally charged time. Preparing your plan *prior* to a loss can help decrease the anxiety associated with having to quickly determine necessary action steps following a suicide, allowing you to focus on taking care of yourself personally and professionally.
- Being as specific as possible in your plan. Clearly lay out the steps you will take and how to access the resources you will need. This specificity and clarity will help you know what to do and who to reach out to after receiving notification about a patient suicide.

Recommended Sections:

SEEKING SUPPORT

- Clinical supervisor(s)
 - Clinical supervisor's name and emergency contact phone numbers (e.g., home, cell, office)
 - Secondary or backup supervisors' names and contact information
 - Discussion of this preparation plan with your supervisor(s) in advance is recommended
- Professional mentors and peers – include names and phone numbers
- Nonprofessional significant others – include trusted friends and family members to contact for support
- Personal counselor/therapist
 - Note the name & contact info of a local counselor, personal therapist, or Employee Assistance Program (EAP)

TAKING CARE OF YOURSELF

- Self-care strategies
 - Consider scheduling time for meaningful activities during times of increased stress and grief
 - Schedule regular contact with at least one friend or family member for the first 30 days following the suicide
 - Engage in physical activity
 - Meditate or practice mindfulness
 - Follow daily routines for self-care (e.g., eat regular meals, attend to sleep hygiene)
 - Schedule time for meaningful activities
- A realistic self-statement related to patient suicide
 - Develop a brief statement (5 sentences max) regarding patient suicide, for example:
 - ***“Because I work with patients who are at-risk to die by suicide, the odds are that someday I will lose a patient to suicide despite my very best efforts.”***

ADDITIONAL CONSIDERATIONS FOR PRIVATE PRACTICE

- Insurance carrier information

For providers in a private practice setting, insurance carriers can provide guidance on administrative next steps.

 - The insurance company's 24-hour, emergency contact phone number
 - A copy of the actual insurance policy



Personalized Suicide Postvention Preparation Plan

SEEKING SUPPORT:

Clinical Supervisor(s)

Primary Clinical Supervisor

Name: _____

Phone number: _____

Secondary Clinical Supervisor

Name: _____

Phone number: _____

Professional Mentors and Peers

Name _____

Phone: _____

Name _____

Phone: _____

Name _____

Phone: _____

Trusted friends and loved ones to contact for support

Name _____

Phone: _____

Name _____

Phone: _____

Name _____

Phone: _____

Personal Counselor/Therapist

Personal Counselor/Therapist: _____

EAP Contact Information: _____

TAKING CARE OF YOURSELF:

Self-Care Strategies

1. _____

2. _____

3. _____

4. _____

Realistic Self-Statement

ADDITIONAL CONSIDERATIONS FOR PRIVATE PRACTICE:

Insurance Carrier information

Name _____ 24-hr emergency contact number _____

