

Safety Planning

Resources for you and your loved one with SMI, including when suicide is a factor

Emergencies:

[Click Here](#)

TAC's resource includes a *fillable form* to prepare for a mental health emergency.

Home safety and family violence:

[Click Here](#)

TAC's resource provides guidance on safety planning and information about risk of harm to families.

[Click Here](#)

Intermountain Healthcare offers a handout when there are risks for suicide.

[Click Here](#)

TAC's resource helps families advocate for safe and appropriate discharge.

Mobile crisis response directory:

[Click Here](#)

The Right Response lists mobile crisis teams that serve as alternatives to law enforcement.

Ask for a CIT law enforcement team:



Crisis intervention teams training (CIT) is known for training law enforcement officers on mental health basics and de-escalation. When a 911 dispatcher answers, you might start with this: *"My loved one is having a mental health emergency because of a psychiatric illness. We need you to send CIT-trained officers."*

Responding to domestic violence:



If a family member or partner is causing physical or emotional harm, call the National Domestic Violence Hotline at 800-799-7233 (SAFE) or TTY 800-787-3224 for confidential, 24/7 help.

Video Resources:



[Emergency Planning for Severe Mental Illness](#)



[Preventing Crisis: Mental Health Literacy and Why It's Essential \(Ep. 88\)](#)



[The Other S-Word: Let's Talk About Suicide \(Ep.86\)](#)

What number to call?

911

- Violence
- Weapons
- Injury

988

- Suicide risk
- Mental health crisis
- Local resources