

SAMPLE CARE CARD
Supporting Document to
Idaho Guidelines for School-Based Suicide Intervention

When I'm upset and thinking about suicide, I'll take the following steps:

1. I'll use what I've learned in counseling to try to identify what is upsetting me, focusing especially on feeling capable and effective, and feeling that I belong, like _____ and _____.
2. I'll write down and review some reasonable, nonsuicidal responses to what is bothering me.
3. I'll try to do things that, in the past, have made me feel better, for example music, exercise, etc. Things that make me feel better are _____ and _____ and _____.
4. If the suicidal thoughts continue and get specific, or I find myself preparing for suicide, I'll call the emergency call person at _____ (phone number).
5. If I feel that I cannot control my suicidal behavior, I'll go to the emergency room or call 911.

Adapted from Crisis Card, Joiner 2005.