



Mode: eModule



Duration: 20-25 mins



Audience: Mental health clinicians and other staff with an interest or relevant role.



Safety planning and counselling to reduce access to means

This module provides an overview of two brief interventions for suicide prevention – safety planning and counselling to reduce access to means.

Safety planning is the process of empowering a person to cope with suicidal distress by identifying their preferred coping strategies and supports. It uses a structured approach tailored to each person's needs and circumstances.

Counselling to reduce access to means is a conversation that explores how a person and their supporters can create a safer environment by removing or reducing access to lethal means.

After completing this module you will be able to:

- Understand the process of supporting a person to complete their safety plan and key components of a NSW Health safety plan.
- Identify key principles of creating a safer environment with counselling to reduce access to means.

This module was developed with funding from the Zero Suicides in Care initiative.



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