



**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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Search in My Health Learning: Safety planning and counselling to reduce access to means

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