



# WHAT IS A SAFETY PLAN?

A safety plan is a **written reminder of ways to manage or cope with distress** (e.g., strong negative emotions, suicidal urges), including helpful activities, supportive people, and contact information for resources like your teen's therapist and doctor. The goal of the safety plan is to **make coping strategies more accessible** in the moment when a teen needs them. Your teen will create an individualized plan with our team or a provider in primary care that they can refer to and modify over time in the BRITE app. The BRITE app also includes **interactive features** to track your teen's distress over time and match activities your teen can engage in depending on how they feel in the moment. They will also receive **automated text messages** to help engage them in those activities.



## BRITE APP FACTS

### Accessible!

- Use with iPhone or Android
- Access to safety plan whether internet is *off* or *on*
- Directly connects with identified support people via the app (calling & texting features)

### Individualized!

- Distress ratings prompt suggested coping strategies in BRITE app
- Supports many kinds of media to upload (videos, pictures, etc.)

### Simple to use!

- Quick set up process

## CONTACT

If you have questions about your child's participation, please contact:

412-204-6247  
georgeba2@upmc.edu

To connect with the National Suicide Prevention Lifeline, please call 988.

*The BRITE app is just for you. Your mom or dad or guardian and your doctor will not see what you do in the BRITE app. If you are feeling bad, sad, or overwhelmed, or the activities in the app to help you feel better are not working for you, reach out to an adult you trust or call/text 988.*