



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 in the ETUDES Center, please contact:

412-204-6247
etudes@upmc.edu

267-425-1323
etudes@chop.edu

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

To connect with the Crisis Text Line, please text "PA" to 741741.

