



Youth Debrief on Crisis Response

Name: _____

Date: _____

Reviewed with (staff): _____

Thinking about your recent interaction with staff when you were experiencing suicidal thoughts or behaviours:

Did you feel heard?	No	Somewhat	Yes	I don't know or I'm not sure
Did you feel understood?	No	Somewhat	Yes	I don't know or I'm not sure
Did the response from staff make you feel safe?	No	Somewhat	Yes	I don't know or I'm not sure
Did the response from staff make you feel that your needs were being met?	No	Somewhat	Yes	I don't know or I'm not sure
Did the response from staff give you hope regarding changes for the good?	No	Somewhat	Yes	I don't know or I'm not sure
What could the staff have done differently in the moments of the response?				

Thinking about your Life Promotion Plan:

Did the use any of the resources or supports on your Life Promotion Plan?	No	Somewhat	Yes	I don't know or I'm not sure
Is there anything you could have done differently in the moments leading up to the crisis to use your Life Promotion Plan?	No	Somewhat	Yes	I don't know or I'm not sure
Things you could do differently in the future:				

