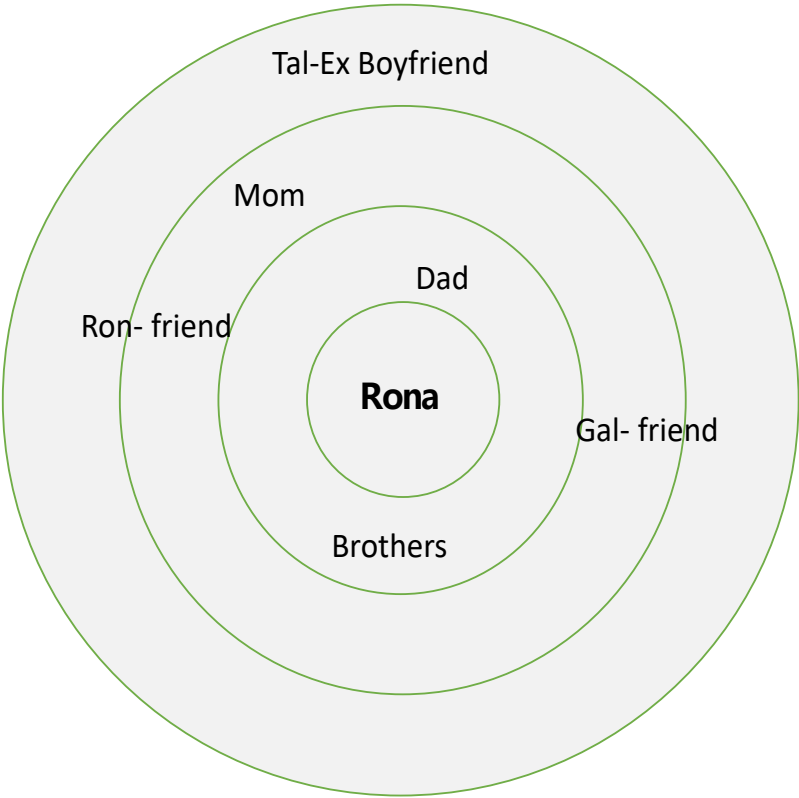


Supplementary material 1 Closeness circles



## **Supplementary material 2 Example emails**

### 1<sup>st</sup> follow up email for the patient:

Hello X,

It has been two weeks since you completed treatment at the Depression and Suicidality Clinic with XXX.

We wanted to check in on how you are doing and to hear whether the skills that you received in therapy have been helpful to you in the past two weeks.

Depression and suicide, like the whole spectrum of emotions and moods, change from time to time, they may diminish or intensify.

It is important for us to confirm that you are using the Safety Plan that you built in the treatment with XXX.

If you feel a need to, please contact us at the clinic to arrange an appointment.

Regards,

The Depression and Suicidality Clinic Staff

Schneider Children's Medical Center

Contact Email: [assessment.schneider@gmail.com](mailto:assessment.schneider@gmail.com)

### **Supplementary material 3 Rona's safety plan**

#### **Ways to create a safe environment:**

Means restriction– remove medication from the house (this issue was discussed with Rona and her parents)

#### **Identify warning signs: emotions, thoughts, behaviors**

Emotions: Sadness, despair, loneliness

Thoughts: I'm not worth anything, my parents would be better off without me, things can no longer work out for me

Behavior: Withdrawal, increased desire to be alone, avoid school and meeting friends

#### **Internal strategies:**

Listen to music –songs that help me calm down

Self talk that this is a wave and it will pass.

Draw

**External Strategies:** - Friends / Social activities that can help distract me.

1. Talk to my good friend Ron – 054-6488054 (phone number)
2. Chatting with my girlfriend Gal on WhatsApp – 054-6664172
3. Meet with friends

**External Strategies:** Adults I can reach out to for help - "Who can you talk to when you are in crisis? How likely are you to share with them?" (These people need to know that they are in the safety plan)

1 .I will call Dad – 054-6302412

2 .I will call Mom – 054-6301233

#### **Professionals I can go to and ask for help:**

Therapist's name: Liat, 054-7308493

ERAN –Crises hotline - 1201

#### **Emergency Room:**

Schneider Medical Center Emergency Room, Phone number:9253656-03

Address: 14 Kaplan St., Petach Tikva