**DAP
(DATA, ASSESSMENT, PLAN)**

 **Data**: Client reported she no longer has “a reason to live now that my daughter is dead.” She was tearful and distraught while speaking. Did not identify a plan or means for suicide but endorsed ideation daily. After about 30 minutes, was able to formulate a safety plan and identify people she would call if she felt like harming herself. Agreed to increased contact and sessions with me. Identified triggers to suicidal ideation and calming techniques to implement daily. Identified dog as a protective factor and also reported “I don’t want to put anyone else through what I’ve experienced.”

**Assessment**: Client is experiencing suicidal ideation daily but was able to identify protective factors, calming techniques and create a safety plan which includes daily phone check in with me and in person session in three day’s time. She identified two other people she can call for support and agreed that if she does not call to check in with me at identified time, I will contact each of them.

**Plan**: Printed and gave client copy of safety plan to implement immediately. Client will call to check in at 10am tomorrow, 9/20/XX and each day following until next session on 9/22/XX.