

Code RED Universal Safety Tool

Code RED

CONTACT

DELAY Decision

RELAX

Distract

Code RED is an evidence-informed universal safety tool aimed at helping individuals, especially youth, prepare for potential mental health crises. It provides embedded strategies for identifying a trusted contact to reach out to, delaying risky decision-making, relaxing, and distracting from thoughts of suicide.

As a universal prevention tool, Code RED is intended for everyone, promoting proactive measures to be taken before a crisis arises. It follows the upstream prevention model, enabling individuals to identify and practice effective strategies and healthy coping skills that build resilience.

Additionally, Code RED includes important information about the 988 crisis line, ensuring that everyone knows how to access these vital services for themselves or someone in need. This tool promotes understanding, empowering individuals to take action when it matters most.

Code RED was developed by University of Kentucky Professor Dr. Julie Cerel, a psychologist in the College of Social Work at the University of Kentucky. Dr. Cerel is a national suicide subject matter expert in suicide prevention, treatment, and postvention. The tool has been piloted by Nationwide Children's Hospital in Columbus, Ohio, the Boys and Girls Clubs of America, and Kentucky school nurses.

CONTACT Who can I reach out to, to help me?	DELAY What are my reasons for living?
<div>Always Call 911 if you are in immediate danger of harming yourself. Suicide & Crisis Lifeline: Call or Text 988</div>	
RELAX What helps me calm down?	DISTRACT What can keep my mind off things that are upsetting me?

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