

The SAFER- R Prompts

(Everly, 1996)

Stabilize

- Stabilize (Introduction (Who are you? Where are you from? What are you going to do? Meet basic needs))

Acknowledge

- Acknowledge what happened (Can you tell me what happened? How are you doing?)

Facilitate

- Facilitate transition to next stage (paraphrase what you've heard; normalization, if possible; "Let me make sure I understand...")

Encourage

- Encourage effective coping (reduce acute distress;)

R - Make a PLAN

- Recovery or Referral (recovery of function or facilitate access to continued care; make a plan going forward)