

Stanley - Brown Safety Plan

STEP 1: WARNING SIGNS

Warning signs

STEP 2: INTERNAL COPING STRATEGIES – THINGS I CAN DO TO TAKE MY MIND OFF MY PROBLEMS WITHOUT CONTACTING ANOTHER PERSON

Internal coping strategies

STEP 3: PEOPLE AND SOCIAL SETTINGS THAT PROVIDE DISTRACTION

1. Name: _____	Contact: _____
2. Name: _____	Contact: _____
3. Place: _____	4. Place: _____

STEP 4: PEOPLE WHOM I CAN ASK FOR HELP DURING A CRISIS

1. Name: _____	Contact: _____
2. Name: _____	Contact: _____
3. Name: _____	Contact: _____

STEP 5: PROFESSIONALS OR AGENCIES I CAN CONTACT DURING A CRISIS:

1. Clinician/Agency Name: _____	Emergency Contact: _____
Phone: _____	2. Clinician/Agency Name: _____
Emergency Contact: _____	Phone: _____
3. Local Emergency Department: _____	Emergency Department Address: _____
Emergency Department Phone: _____	
4. Suicide Prevention Lifeline Phone: 1-800-273-TALK (8255)	

STEP 6: MAKING THE ENVIRONMENT SAFER (PLAN FOR LETHAL MEANS SAFETY)

Making the environment safer