

# Stanley-Brown Safety Plan

<b>Client information</b>	
<b>Name:</b>	<b>Age:</b>
<b>Gender:</b>	<b>Date of assessment:</b>
<b>Step 1: Warning signs</b>	
<b>Step 2: Internal coping strategies (things to do to take the client's mind off their problems without contacting another person)</b>	
<b>Step 3: People and social settings that provide distraction</b>	
<b>1. Name:</b>	<b>Contact number:</b>
<b>2. Name:</b>	<b>Contact number:</b>
<b>3. Place:</b>	
<b>4. Place:</b>	
<b>Step 4: People whom the client can ask got help during a crisis</b>	
<b>1. Name:</b>	<b>Contact number:</b>
<b>2. Name:</b>	<b>Contact number:</b>
<b>3. Name:</b>	<b>Contact number:</b>
<b>Step 5: Professionals or agencies that the client can contact during a crisis</b>	
<b>1. Clinician/agency name:</b>	
Emergency contact:	
Phone:	
<b>2. Clinician/agency name:</b>	
Emergency contact:	
Phone:	

**3. Local emergency department:**

Emergency department address:

Emergency department phone:

**4. Crisis line phone:****Step 6: Making the environment safer (plan for lethal means safety)****Additional notes**

Stanley, B., & Brown, G. K. (2012). Safety planning intervention: A brief intervention to mitigate suicide risk. *Cognitive and Behavioral Practice*, 19(2), 256–264. <https://doi.org/10.1016/j.cbpra.2011.01.001>

Stanley, B., & Brown, G. (2021.). *Stanley-Brown Safety Plan*. Stanley-Brown Safety Planning Intervention.