

Stanley - Brown Safety Plan

STEP 1: WARNING SIGNS

1.
2.
3.

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

1.
2.
3.

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)

1.
2.

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