

# 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: _____                             | Phone: _____ |
| Emergency Contact : _____                                   |              |
| 2. Clinician/Agency Name: _____                             | Phone: _____ |
| Emergency Contact : _____                                   |              |
| 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. \_\_\_\_\_

The Stanley-Brown Safety Plan is copyrighted by Barbara Stanley, PhD & Gregory K. Brown, PhD (2008, 2021). Individual use of the Stanley-Brown Safety Plan form is permitted. Written permission from the authors is required for any changes to this form or use of this form in the electronic medical record. Additional resources are available from [www.suicidesafetyplan.com](http://www.suicidesafetyplan.com).

**Stanley-Brown**  
**Safety Planning Intervention**