

# 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: _____ | Address: _____ |
| 4. Place: _____ | Address: _____ |

## 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 PROFESSIONAL SERVICES I CAN CONTACT DURING A CRISIS:

- |  |              |
|--|--------------|
| 1. Professional/Services Name: _____   | Phone: _____ |
| Emergency Contact: _____               |              |
| 2. Professional/Services Name: _____   | Phone: _____ |
| Emergency Contact: _____               |              |
| 3. Emergency Department: _____         |              |
| Emergency Department Address: _____    |              |
| Emergency Department Phone: _____      |              |
| 4. Crisis Line Phone (e.g. 988): _____ |              |

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

1. \_\_\_\_\_
2. \_\_\_\_\_

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