

ATTACHMENT 2.07

STANLEY-BROWN SAFETY PLAN (ADAPTED)

STEP 1. Thoughts, feelings, situations, or behaviors that indicate a crisis may be developing:	
School:	Home:
STEP 2. Activities that soothe me or provide distraction that I can do alone:	
School:	Home:
STEP 3. People and social settings that provide distraction (include contact information):	
School:	Home:
STEP 4. People whom I can ask for help (include contact information):	
School:	Home:
STEP 5. Professionals or agencies I can contact during a crisis (include contact information):	
<ul style="list-style-type: none"> • Suicide & Crisis Lifeline: 9-8-8 (call or text) • Local Mental Health Center: 	<ul style="list-style-type: none"> • Mental Health Provider(s): • Primary Care Physician:
STEP 6. Ways to make my environment safe and calm:	
School:	Home:

The one thing that is most important to me and worth living for is: _____