

ATTACHMENT 2.07

## STANLEY-BROWN SAFETY PLAN (ADAPTED)

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

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