**Stanley- Brown Safety Plan**

**Warning Signs: (thoughts, images, mood, and behavior) that a suicidal crisis might be developing:**

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**Internal coping strategies – things I can do to take my mind off my problems or distract myself:**

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**People and social settings that provide a distraction:**

Name Contact Information

Places

**People Whom I can ask for help:**

 **Patient did not identify any contacts**

Name Contact Information

**Professionals or agencies I can contact during a crisis:**

Name Contact Information:

Suicide Prevention Lifeline Phone: 1-800-273-TALK (8255)

Crisis Text Line: Text HOME to 741741

**Making the environment safe (plan to reduce access to lethal means):**

 Patient declined to answer

 Patient did not identify any lethal methods

Plan:

**Optional: What is most important to me and worth living for?**

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