

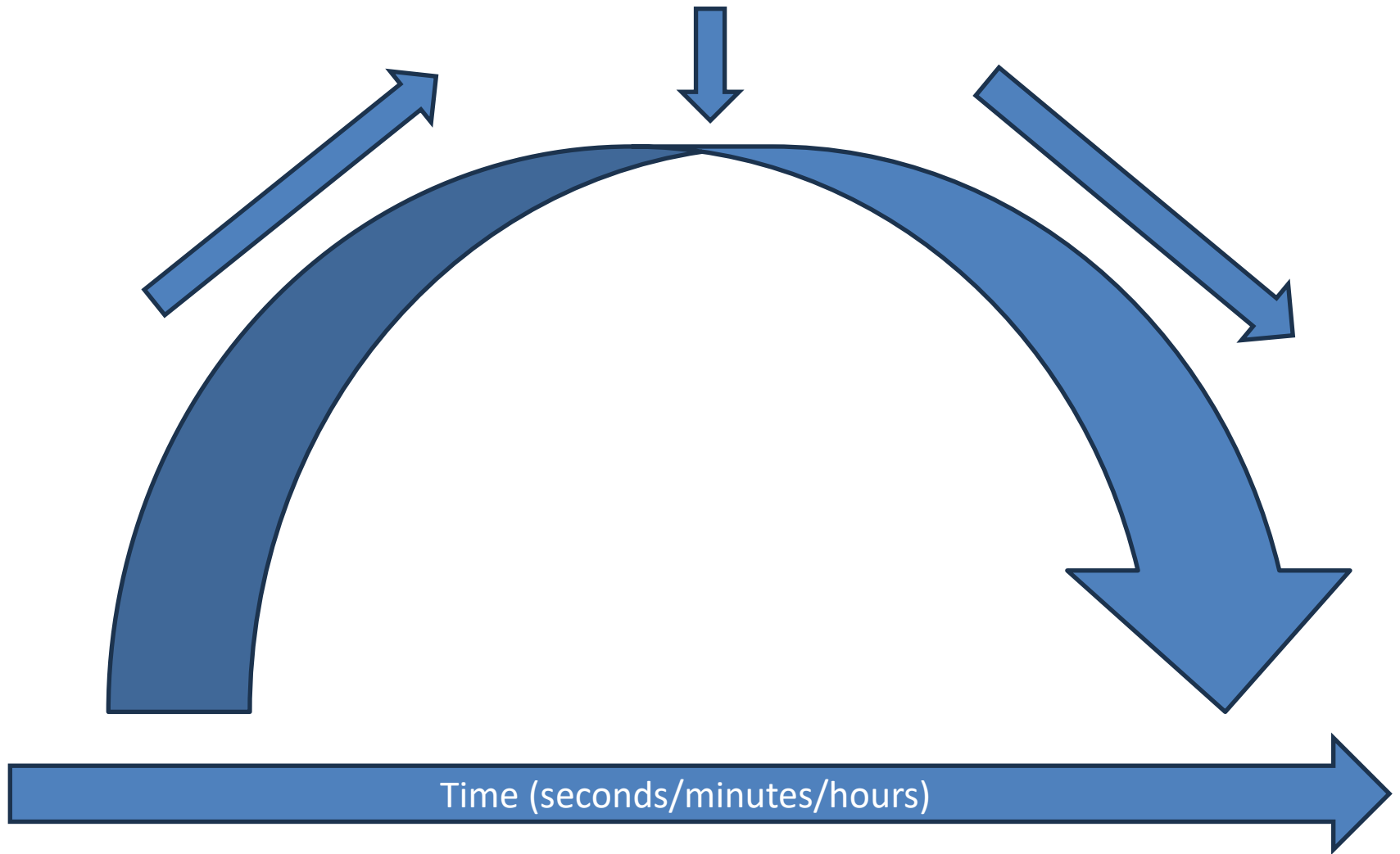
The Safety Planning Intervention in Suicide Prevention

**Mark Margolis, Psychologist MA, Suicide
Prevention Coordinator**

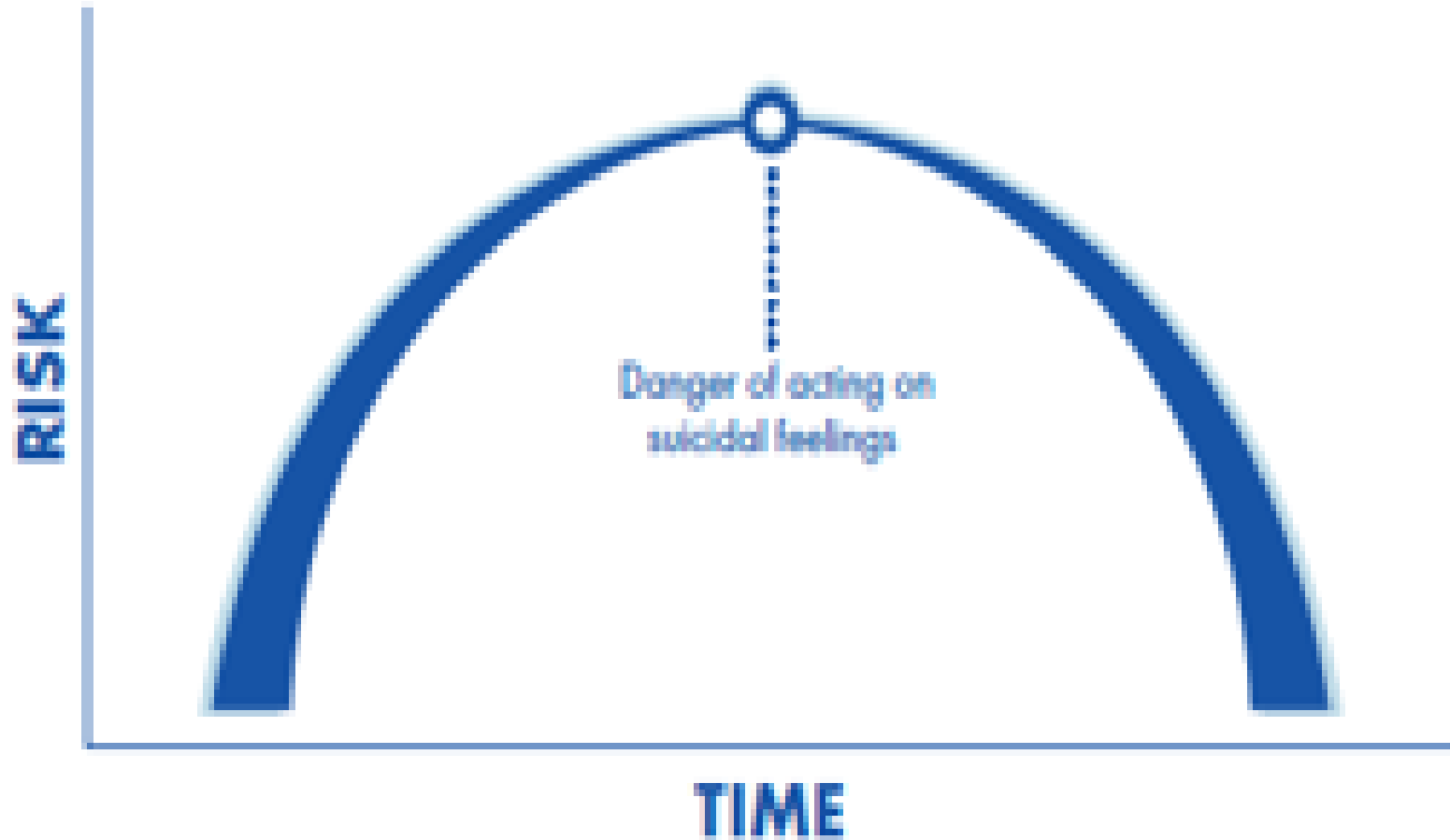
Assessment

- Person tells their story about the most recent suicidal crisis
 - What happened before, during and after?

Suicide Risk Curve



Suicide Risk Curve





Safety Planning Intervention

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. _____

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Stanley-Brown
Safety Planning Intervention

1) Warning Signs

- **Immediately precede the crisis**
 - **Thoughts/thought processes/images**
 - **Feelings**
 - **Behavior**
 - **Situations/activating events**

2) Internal Coping Strategies

- Things the person can do without contacting someone else
 - “What have you done in the past to take your mind off your troubles, even for a little while?”

3) People and Social Settings that Provide Distraction

- The goal is distraction and (or) feeling connected
 - Not for meant for talking about the crisis
 - “Who helps you take your mind off your problems at least for a short while?”



4) People Whom I Can Ask for Help During a Crisis

- Someone specific to go to for help
 - “Who do you think you can confide in?”
 - “Who do you go to for help?”

A decorative graphic on the left side of the slide consisting of four vertical bars of varying heights and widths, colored in a dark purple shade.

5) Professionals or Agencies to Contact in a Crisis

- **Contacted if prior steps are not effective**
- **At least one should be available 24/7**

6) Making the Environment Safe

- **Always ask about firearms regardless of whether this is identified as a method in assessment**
- **Ask person which means they would consider in a crisis**
 - **“What ideas do you have about how to make the environment feel safer?”**



Implementing the Safety Plan

- **“How likely is it that you will use this plan when you notice the warning signs?”**
- **Identify and problem solve obstacles**
- **Provide person a copy of the plan and keep a copy to be filed**
- **Review and revise periodically: Was it used? Did it work?**

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 DISTRACTIONS:

- | | |
|-----------------|-----------------|
| 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. _____

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References

- Stanley, B., & Brown, G. K. (2012). Safety planning intervention: a brief intervention to mitigate suicide risk. *Cognitive and behavioral practice*, 19(2), 256-264.