

Crisis & Safety Planning (for “Get Help Now” / Assistance)

<https://suicidesafetyplan.com/>

What it is

A brief, collaborative plan (6 steps) that people complete **during or right after** a crisis encounter. The gold-standard template is the **Stanley-Brown Safety Plan**. [Suicide Prevention Resource Center](#) [988 Lifeline](#)

1. **Warning Signs** – personal thoughts, images, moods.
2. **Internal Coping Strategies** – things the person can do alone.
3. **Social Distractions** – places & people who create breathing space.
4. **People to Ask for Help** – phone numbers of trusted friends/family.
5. **Professional Sources** – 988 Lifeline, therapist, primary-care doctor.
6. **Means Safety** – practical steps to secure firearms, meds, ropes, etc. (see next section).

Why it works

Large health-system studies (e.g., Zero Suicide) show safety planning plus follow-up contacts can cut attempts by **25 % or more**. [AP News](#)

Downloadable tools to embed

- 988 Lifeline PDF fillable plan (English & Spanish) [988 Lifeline](#)
- Editable Stanley-Brown DOC/PDF forms for clinicians [Stanley-Brown Safety Planning](#)