



SEFBHN Recommended Safety Planning

All individuals identified as at-risk of suicide should have a safety plan. Collaborative safety planning is becoming standard practice in many behavioral health organizations and health systems. A safety plan is a prioritized written list of coping strategies and sources of support developed by a clinician in collaboration with consumers who are at high risk for suicide.

A safety plan should:

- Be brief, in the consumer's own words, and easy to read
- Involve family members as full partners in the collaborative process, especially to establish their role in responding to a crisis
- Include a plan to restrict access to lethal means
- Be updated on a consistent basis
- Be in the consumer's possession when she or he is released from care

Zero Suicide Recommended Risk Assessments:

The Stanley Brown Safety Plan

- Free training:
<http://zerosuicide.sprc.org/sites/zerosuicide.actionallianceforsuicideprevention.org/files/sp/course.htm>
- Free training manual & tools: http://suicidesafetyplan.com/Home_Page.html
- On the App Store: <https://apps.apple.com/us/app/stanley-brown-safety-plan/id695122998>
 - Can be used by consumers to create a safety plan and store on their phone. They can then e-mail to other people (family, friends).

The Stanley Brown Safety Plan is the standard for safety planning. It has been shown to be effective, culturally competent and is a validated, evidence-based tool.

My Wellness Toolbox

Developed by the University of Central Florida, the University of South Florida and SAMHSA. A more detailed version of the Stanley Brown Safety Plan.