

Strength-Based Safety Planning

(Emmert, 2018; based on Stanley & Brown, 2011)

1 Warning Signs: *before I start thinking about suicide / signs a crisis is beginning*

2 Safer Surroundings: *making things a little safer, moving items or adding precautions*

3 Values & Strengths: *cultural, spiritual, and personal strengths & values that help me through this*

4 Personal Coping Strategies: *my personal strategies and techniques*

5 Community & Connection: *places to distract, cope, and reconnect*

6 Reaching Out (*If I can stay safe, if not use step 7): *The people I can talk with about my crisis*

Name: _____ Phone: _____

Name: _____ Phone: _____

Name: _____ Phone: _____

Name: _____ Phone: _____

7 Safety Emergency: *professionals to help me stay safe and survive this crisis*

National Suicide Prevention Hotline: 1-800-273-8255 (TALK) 9-1-1 or nearest emergency dept.

Name: _____ Phone: _____

Name: _____ Phone: _____