



Staying Safe: My safety Plan

A safety plan is a tool for helping someone navigate suicidal feelings and urges. Fill in the questions below and keep this plan to remind yourself of things you can do to stay safe if you're thinking about harming yourself.

Try to complete this when you're OK, so it's ready if you need it when you're not. Save this plan somewhere you can easily find it when you need it.

People who can help

Save details of people who can help if you find yourself really struggling to cope.

Name	Contact Details



Things that give me hope

Here you can record things that give you hope. These could be things you love, that you look forward to, or anything else that you find uplifting.



My warning signs

Use this space to write down any signs you can recognise that you might be at risk of harming yourself. These could be:

- Thoughts and images
- Thinking styles (e.g., rumination, catastrophising, 'all or nothing' thinking)
- Changes in your mood
- Feeling ashamed or guilty
- Changes in habits or behaviors (e.g., sleeping poorly or arguing more with family)
- More frequent or severe impulses to self-harm



Things I can do to keep myself safe

When you're at risk of harming yourself, it's a good idea to make it as hard as possible for yourself to do so. Think about what you could do to make your environment safer. This could include:

- Making it harder for yourself to travel by giving your car keys or travelcard to a trusted person
- Removing items you have used to harm yourself from your home, or giving them to a trusted person
- Asking someone to be with you or check in on you
- Going somewhere where there are lots of people or you feel safe



Safety contacts

If you are worried about your mental health you can access support via the following services:

- Samaritans – www.samaritans.org offers a free 24/7 phoneline (116123), email, support, and an app with self-help guidance.
- Mind – 0300 123 3393.
- Support Line – 0808 808 4994.
- NHS 111 Service – provides a 24/7 phone line for urgent healthcare.
- Shout Text Support – free 24/7 text support (85258).
- Kooth/Qwell – www.kooth.com online mental wellbeing community.

If you require urgent support and feel you are in crisis, we advise contacting your GP surgery or NHS 111 and asking for an urgent appointment to see the doctor. Alternatively, if you feel in immediate danger, you should call 999 or attend your local accident and emergency department.