

MY SAFETY PLAN

Safety planning is a structured, proactive way to help you plan a range of activities and sources of support you can use at the right time to help prevent or manage a developing crisis.

Date:

You can use this document as a reminder of what has been useful for you, and you can review it throughout your progress.

My reasons to live: What would you miss about your life? When you're having thoughts or feelings about suicide, it's easy to get caught up in the pain you're feeling and forget the positives in your life. Thinking about your reasons to live may help you change your focus until the suicidal thoughts pass. Write down the things in your life, large and small, that are important to you and worth living for.

What can I do to help myself?: eg- Distraction, breathing techniques, routine, structure, what things were helpful and made you feel safe when you became unwell? Places where you feel safe (Do let someone know where this is).

Early warning signs: Warning signs may be changes in thoughts, moods and behaviours. Do you know what may trigger these feelings? What changes may other people notice?



My ideas for staying safe: How can you make it harder to act on any plans? Remind yourself why you will try to take these steps?

If I am struggling I can speak to: Think about who, their contact details and times they are available, how will you open the conversation with them, what will you say? Is there a particular phrase or words I will say? How will contact be made? Is there any particular support you would benefit from eg someone to check in with you?

In a crisis I will seek help from these professionals and organisations: Numbers, websites. How will you access this help eg. call, text, go in-person...?

Who will you share this plan with to help keep you safe?

Are you happy for services to contact them if you are in a crisis or need support?

Name, relationship, and number/ contact details.

