

Safety Plan

What do I need to reduce the risk of me harming myself?	
What warning signs/triggers are there that make me feel more out of control?	
What have I done in the past that has helped? What coping strategies do I have?	
What will I do to help calm and soothe myself?	
What will I tell myself as alternatives to intrusive thoughts?	
What would I say to a close friend who was feeling this way?	
What could others do that would help?	
Who can I call, visit, contact	
A safe place I can go to is...	

If your life is at imminent risk, please call 999 for immediate help.

Samaritans – call 116 123

Shout - text the word 'Shout' to 85258