

# 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 will I do to help calm and soothe myself?



What have I done in the past that has helped? What coping strategies do I have?



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