

# Parents' guide to using a safety plan

**If you think your child is in immediate danger, the quickest way to get help is to call an ambulance on 999.**



A safety plan is a tool for helping someone navigate suicidal or self-harm urges.

It can also be a way for you and your child to make a supportive plan and agree how to communicate and check in with each other going forwards.

It takes around 20-40 minutes to complete.

You can support your child to complete the plan by:

Being prepared, start writing it now. Complete a safety plan with your child when they are in a stable mood.

As the parent you can write the information in the plan, but the plan needs to belong to your child. You can support them by suggesting people, places or organisations that can also help them.

A safety plan is a practical tool to help you keep your child safe. It focuses on managing thoughts of suicide and self-harm and it is not a wellbeing plan or a long-term plan to deal with low mood. But do think about what support your child may need long term, your GP is a good place to start.

It needs to be a plan that is going to work for your child. Make sure your child has access to the plan, have a copy for their bedroom, or they can keep one on their phone. Where appropriate and with consent share it with relevant family members, school or professionals such as your GP.

