

Safety Plan Template

- ★ What are the signs I notice that I am near a crisis?

E.g. start to feel withdrawn, begin to isolate, increased anxiety

- 1.
- 2.
- 3.

If I am feeling overwhelmed and in danger of acting on suicidal thoughts, I will do the following:

- ★ Write a verbal statement

(Make a deal with yourself not to act on this immediately and to follow your Safety Plan)

E.g. "I will help the bit of me that does want to survive." "I will give myself time to try to take care of myself".

- ★ I will speak to myself with compassion

(Write down caring things you can say to yourself, thinking about what you might say to a friend who was feeling this bad)

E.g. "It's hard to feel this way – try to be kind to yourself." "These are just thoughts – you don't need to act on them." "Remember your breathing and relaxation techniques."

I can say ...

- ★ I will call one of the following people

(It's a good idea to save these numbers in your phone contacts under a relevant heading like 'Help')

<i>Friend</i>	<i>Name</i>	<i>Contact number</i>
<i>Family member</i>	<i>Name</i>	<i>Contact number</i>

<i>Doctor</i>	<i>Name</i>	<i>Contact number</i>
<i>Samaritans</i>	<i>Name</i>	<i>Contact number</i>
<i>Other</i>	<i>Name</i>	<i>Contact number</i>

★ Other people can help me by:

(Write down reminders of the kind of help you can ask other people)

E.g. " Ask me how I am feeling, remind me of the my safety plan, keep me company or let me come over, speak to me online)

1.

2.

3.

★ How can I put distance between myself and the plan?

(Write down what you can do to make it more difficult for you to harm yourself)

E.g. hide pills, remove kitchen knife. Don't take drugs in this state

I will make myself safe by:

★ Things that have made me feel good in the past are:

E.g. Speaking to someone, watching TV or a funny video, Have a bath, make something)

1.

2.

3.

★ What might help to distract me now/next time I feel this way?

(I will choose something from my list of self-soothing distractions/ relaxation techniques and focus on it for at least 20 minutes)

(E.g. Tidy room, listen to something, read a book, go for a walk, Take deep breaths, Lie down, Meditate/Pray)

Relaxation technique: (Focus on what's around you, name 5 things you can see, 4 things you can touch or feel, 3 things you can hear, 2 things you can smell and one thing you can taste)

My self soothing list

- 1.
- 2.
- 3.
- 4.
- 5.

★ If I still feel suicidal and at risk a safe place I can go to is:
(Write down places you may be able to go if you still feel at risk)

E.g friend/ family member who has agreed to be available, emergency support services, nearest A&E remembering to tell them you feel you are a danger to yourself

Name	How they can help me	When they're available