

MY SAFETY PLAN

DATE: _____

NAME: _____

What warning signs or triggers can I notice?



What do I need to do to reduce the risk of me acting on the suicidal thoughts?



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



What will I do to calm and soothe myself?



What will I tell myself (as alternatives to the dark thoughts?)



Who can I call? What could others do that would help or make me feel safe?



Who is the community I would like to connect with?



What would I say to a close friend who was feeling this way?



If I still feel suicidal, triggered or unsafe, I will...



RESOURCES



See a full list of resources here

SAMARITANS

116 123

Central and North West London

urgent mental health helplines

020 8869 2274 (children and young people)

080 0023 4650 (adults)

Papyrus

080 0068 4141 (young people)

Young minds: crisis messenger

text service for young people experiencing

a mental health crisis: text - ym to 85258

C.A.L.M. (Campaign against living miserably)

0800 58 58 58 (5pm to midnight)



Tick here to consent to my information being shared with agencies such as police or NHS to help protect me from harm

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THE ROYAL BOROUGH OF KENSINGTON AND CHELSEA