

# *My Personal safety Plan*

It is important to have a set of things to do if you start to feel like you want to end your life.

Having a plan that is simple (and close to close to hand) means you can keep yourself safe when you feel suicidal. Keep a copy of this on your phone, in your bag or somewhere else that you'll remember.

At worst how intense are your suicidal feelings? (1-10)

At best how low are your suicidal feelings? (1-10)

What helps you when you feel intense?

What have you done in the past that helps?

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

e.g. remove stockpile of medication: take them to pharmacy, throw away blades.



## DISTRACTION

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

Thoughts of suicide can be extremely overwhelming and upsetting as often they can dominate your thoughts. Try not to become preoccupied by them. Write down six things that you enjoy doing which will help you **distract** yourself. It could be a walk in a local park, coffee at a local café or watching a favourite film?

1.

2.

3.

4.

5.

What warning signs or triggers are there that make me feel more out of control?

e.g when my boyfriend and I argue intensely

What have I done in the past that helped? What ways of coping do I have? What I will do to help calm and soothe myself:

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

e.g. this moment will pass.

1

2.

3.

4.

5.

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

What could others do that would help?

## TALKING TO SOMEONE

Who can you call or visit?

Friend, sponsor or relative:

Health professional:

Telephone helplines:

*Samaritans 116 123*

A safe place I can go to:

e.g. Jo's house - she always up late

If I still feel suicidal and out of control: I will go to the A& E department and if I can't get there safely, I will call 999 for an ambulance.

## *Here is a list of numbers and websites who you can contact if you are in crisis:*

These free helplines are there to help when you're feeling down or desperate.

[Samaritans](#) (24 hours) – for everyone

Call 116 123

Email [jo@samaritans.org](mailto:jo@samaritans.org)

[Campaign Against Living Miserably \(CALM\)](#) – for men

Call 0800 58 58 58 – 5pm to midnight every day

Visit the [webchat page](#)

[Papyrus](#) – for people under 35

Call 0800 068 41 41 – Monday to Friday 10am to 10pm, weekends 2pm to 10pm, bank holidays 2pm to 5pm

Text 07786 209697

Email [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)

### **Talk to someone you trust**

Let family or friends know what's going on for you. They may be able to offer support and help keep you safe.

There's no right or wrong way to talk about suicidal feelings – starting the conversation is what's important.

### **Who else you can talk to**

If you find it difficult to talk to someone you know, you could:

- **call your GP** – ask for an emergency appointment
- **call 111** out of hours – they will help you find the support and help you need
- **contact your mental health crisis team** if you have one

*You can simply click on links in blue if reading this online*