

# SAFETY PLAN

If you sometimes struggle with suicidal thoughts, complete the form below. When you are feeling suicidal, follow the plan one step at a time until you are safe. Feeling suicidal is the result of experiencing extreme pain, and not having the resources to cope. We therefore need to reduce pain and increase coping resources.

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

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

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):

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

What could others do that would help?

If you're unsure what to write, research 'safety plan' on Google to find some examples to get inspiration for your answers.

## WHO CAN I CALL?

Use the space below to write the names of any friends, relatives, healthcare professionals or other people you trust that you could call or contact in the event everything gets too much:

You can refer back to our suicide awareness booklet for additional numbers and contacts you can get in touch with in emergencies. If in immediate danger, always call 999.

