

Safety Plan

This safety plan is designed to support you when you are feeling very low, risky or suicidal. It can help you to manage your thoughts and impulses in a way that is tailored specifically to you.

Keep your safety plan in a place where you can easily find it. You may want to share a copy with your parents, carers, or immediate support system too.

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

What are the triggers that make me feel more out of control?

What would I look like when I'm struggling?

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

What will I do to help calm and soothe myself?

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

What could others do to help?

Who can I call?

Friend/relative:

Health professional:

Helpline:

Other:

My safe place: (you can draw a picture here too)

If I still feel distressed or out of control:

- I will go to A&E
- If I can't there safely, I will call 999 or 111, option 2 (mental health support line)

Apps, websites and tools

- Breathr App: designed for young people offering mindfulness exercises, which may be fun and accessible for you to try
- Self-Anxiety Management (SAM) App: SAM includes lots of information about anxiety, as well as calming activities to help you feel more relaxed
- Calm Harm App: provides tasks to help you resist the impulse to self-harm. It is private and password protected, and was designed by a teen mental health charity
- Mindshift App: designed to help teenagers struggling with anxiety or low mood. It includes tracking tools, positive thinking activities, relaxation tips, and inspiring quotes/stories
- Pacifa App: aims to help with anxiety, depression and stress using techniques based on Cognitive Behavioural Therapy (CBT) and mindfulness
- Headspace: guided meditation and mindfulness to help young people stress less and sleep better
- <https://www.roundaboutdramatherapy.org.uk/therapy-wellbeing/>: drama therapy resources for parents/carers and young people
- <https://youngminds.org.uk/find-help/get-urgent-help/youngminds-crisis-messenger/> (free 24/7 crisis support): text 'YM' 85258 for support from a mental health professional
- <https://www.childline.org.uk/get-support/1-2-1-counsellor-chat/>: 1-2-1 chat service with a mental health professional
- <https://www.kooth.com/>: free, safe, online anonymous support for young people