



## Personal Support and Safety Plan

This is a plan written by me (name) \_\_\_\_\_

with the support of \_\_\_\_\_ to help me when I am struggling  
to cope or feeling at risk.

Date of Plan: \_\_\_\_\_

Given a copy - Y / N

**Describe the thoughts you are having:**

**On a scale of 0-10: How likely am I to act on these thoughts?**

0 = not at all

10 = Definately

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

Eg. find support, safe location, removal of items,

**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?**

**Work with your therapist or support worker to think of ways that could help you cope.**

<b>What I will do to help calm and soothe myself:</b>	
<b>What I will tell myself (as alternatives to the dark thoughts):</b>	
<b>What would I say to a close friend who was feeling this way?</b>	
<b>What could others do that would help?</b>	
<b>Who can I call:</b>	
Friend or relative:	Another?
Health professional:	Other?
Telephone/Text Helpline:	Other?
<b>A safe place I can go to is:</b>	
<p><b>If I still feel a risk to myself and out of control: I will tell somebody, go to the A&amp; E department</b></p> <p><b>If I can't get there safely, I will call 999</b></p>	
<b>Name:</b>	
<b>Sign:</b>	
<b>Date:</b>	

Example Safe Plan

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

Remove stockpile of medication – take them to pharmacy. Throw away blades.

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

Staying home, alone, in bedroom, brooding.

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

Phoning Jo and being honest with her. Keeping busy. Being with other people. Writing down my thoughts and feelings – and reminding myself of alternative ways of looking at things.

**What I will do to help calm and soothe myself:**

Focus on my breathing. Do something else, anything, for at least 20 minutes. Then do something else if it still feels overwhelming. If I still have suicidal thoughts – I'll call Jo (or others in my plan) If that doesn't help, I'll go to A&E.

**What I will tell myself:**

I've got through this before, I can get through it now. These are horrible thoughts, but they are just thoughts, I don't have to act on them. I love Jo and my family, and I don't want to hurt them. This will pass.

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

You can do this, you've done it before. You've been through so much and you can get through the other side with support. Just do what helps. You'll be okay. Get through today, tomorrow is a new day. Get the support you need.

**What could others do that would help?**

Jo will remind me of my safety plan.

**Who can I call:**

Friend or relative: Jo xxxxxxxx      Another? Denise xxxxxx  
Health professional: Dr xxxxxxxx      Other? CPN Tom xxxxx  
Telephone helpline: Samaritans 116 123      Other? xxxxx

**A safe place I can go to:** Jo's place. The day centre.