**My Safety﻿ Plan**

This safety plan is to help you know what to do and who to go to when you are experiencing a mental health crisis or thoughts of suicide. Start writing this plan as soon as you can so it is ready when you need it. This plan is to help you keep safe right now.

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| **What are my reasons for living?** (What is important to me - family, friends, pets, work, future plans?) |

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| **What can I do to keep myself safe right now?** (Contact someone I trust, go to a safe place, listen to some music, move harmful objects away). |

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| **What are my warning signs?** (A change in how I think or behave, other people being worried about me, isolating myself). |

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| **What can I do to lift my mood?** (Remember the 5 ways to wellbeing – connect, get active, take notice, learn something new, give). |

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| **Who could support me?** (Family, friend, neighbour, support worker, colleague). |

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| **How can I distract myself when feelings of suicide get stronger?** (Breathing exercises, mindfulness, activity, reminding myself of reasons for living). |

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| **My professional support:** (GP, community mental health nurse, social worker)  **Important mental health organisations:**  Crisis Line – 0800 051 1508  Samaritans – 116 123  Papyrus – 0800 068 41 41  NHS – 111  **Immediate help needed**  Call 999 |