

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. These feelings will pass. Keep the plan where you can easily find it when you'll need it.

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.

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

e.g., Staying home, alone, in bedroom.

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

e.g., Writing down my thoughts and feelings; being with other people; keeping busy; phoning Jo and being honest with her.

What I will do to help calm and soothe myself:

e.g., Focus on my breathing; do something else, anything, for at least 20 minutes; if I still feel suicidal, I'll call Jo (or others).

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

e.g., I've gone through this before, I can get through it now; 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?

e.g., *You will get through this; you will feel better tomorrow and be grateful that you are alive; just do what helps; you'll be okay.*

What could others do that would help?

e.g., *Jo will remind me of my safety plan.*

Who can I call:

• Friend or relative:

e.g., *Jo and Jo's phone number.*

Another?

• Health professional:

e.g., *Dr X and Dr X's phone number.*

Other?

• Telephone helpline:

e.g., *Samaritans 116 123.*

Other?

A safe place I can go to:

e.g., *Jo's place. The day centre.*

If I still feel suicidal and out of control:

- **I will go to the A& E department**
- **If I can't get there safely, I will call 999 (112, 911 etc.)**