

My Safety Plan

If you sometimes struggle with thoughts about wanting to die, complete the form below. When you are having these thoughts and feelings, follow the plan one step at a time until you are safe.

These feelings will pass.

Keep the plan where you can easily find it when you'll need it.

What are my warning signs or triggers for things getting worse?

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

What have I done in the past that helped? How can I calm and soothe myself?

My reasons for living:

What I will tell myself (positive self talk):

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

What could others do that could help?

Who can I call / email / text?

Friend / relative:

Another?

Helpline/website:

Named person at school / college:

Teen Connect for 13 to 18 year olds (6pm-2am) 0808 800 1212 / 0771 566 1559

Childline: 0800 11 11

A safe place I can go:

If I still feel suicidal and out of control:

- **I will go to A&E**
- **If I can't get there safely, I will call 999**