

My safety plan

Signs or triggers that suggest that things are getting difficult *(Include things from the common warning signs checklist in the table on page 12 and anything else you notice)*

What is helpful for me to cope in the moment?

My reminder of grounding items:

Other actions or activities that help me cope (what has helped in the past?):

Supportive things I can say to myself (what would I say to a good friend going through this?):

What places, activities or actions should I avoid to stay safe?

Reminder of helpful people and services *(Include their contact details – you do not need to have a contact in each section; these prompts are to give you an idea of who you might contact)*

Friend(s) or relative(s):

Professional (health/care/other):

Crisis/support telephone or text service:

Emergency services:

Other:

What can other people do that is helpful (emotional and practical)?

Where is a safe place that I can go?