

My Safety Plan



Remember:

Help is always available and it's ok to ask for some support



My warning signs are:

*These can be thoughts, feelings or behaviors that indicate you are at risk.

Four coping strategies I will try:

*These are things you can do to help lift your mood or distract you, like watching/listening to something, using a coping tool, or moving your body.

Have you tried one of these yet?



People I can reach out to for comfort/support/distraction:



Steps I can take to make my environment safer

Please list your ideas (one example might be removing anything you can use to harm yourself and giving it to someone) :

An affirmation I can return to, to practice self-compassion:



In the event of a crisis:

If you have seriously injured yourself, taken an overdose, or are at immediate risk of harm, call 999.

If it is not an emergency, but you still need imminent support with your mental health after going through your safety plan, you can call one of the below helplines or visit their websites for chat services.

CAMHS Crisis Line (24/7): 0800 9539599

Childline (24/7): call 0800 1111
or visit [childline.org.uk](https://www.childline.org.uk) (online chat)

The Mix: [themix.org.uk](https://www.themix.org.uk) (online chat service)

Shout (24/7 Messenger service): 85258 (text 'SHOUT')

HOPELINE 24/7: various services at [papyrus-uk.org](https://www.papyrus-uk.org)

The Trevor Project (LGBTQIA+): [thetrevorproject.org](https://www.thetrevorproject.org)

