



Safety Planning

If you sometimes struggle with suicidal thoughts, it might be helpful to complete a safety plan. 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 need it.

What can I do to reduce the risk of me acting on suicidal thoughts?

What warning signs or triggers are there that make me feel suicidal?

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

What I will do to help calm or soothe myself:

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



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

What could others do that would help? Am I able to ask for that help?

Who can I call?

- Friend or relative?
- Health professional?
- Telephone helpline?

A place I can go to where I feel safe:

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, 111.**

Example:

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

Remove stockpile of medication - take them to pharmacy.
Throw away blades.

What warning signs or triggers are there that make me feel suicidal?

Staying home, alone, in bedroom, brooding.

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

Phoning Jo and being honest with her.
Keeping busy.
Being with other people.
Writing down my thoughts and feelings - and reminding myself of alternative ways of looking at things.

What I will do to help calm or soothe myself:

Do something else, anything for at least 20 minutes.
Then do something else if it still feels overwhelming.
If I still have suicidal thoughts - I'll call Jo (or others in my plan)
If that doesn't help, I'll go to the A&E.

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

I've got through this before, I can get through it now.
These are horrible thoughts, but they are just thoughts, I don't have to act on them.
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?

You will get through this. You will feel better tomorrow and be grateful that you didn't die. Just do what helps. You'll be okay.

What could others do that would help? Am I able to ask for that help?

Jo will remind me of my safety plan.

Who can I call:

- | | | |
|------------------------|--------------------|-----------------------|
| • Friend or relative: | Jo xxxxxxxx | Another? Denise xxxxx |
| • Health professional: | Dr xxxxxxxx | Other? CPN Tom xxxxx |
| • Telephone helpline: | Samaritans 116 123 | Other? xxxxx |

A place I can go to where I feel safe:

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, 111.**