

My mental health safety plan

My name:

1. What are my warning signs that I'm heading for a suicidal/mental health crisis? For example, thoughts, behaviours or situations - Isolating myself, arguing with a loved one, feelings of hopelessness, sleeping excessively or being unable to sleep.

2. What works to help me cope with how I feel? For example, distraction or relaxation – exercise, watching TV/ YouTube, breathing exercise.

3. Which people and places help to distract me from the way I feel? For example, friend (name and phone number), library, coffee shop, park: be specific about what and where.

4. Who can help me when I feel I'm in a crisis? For example, if I was to say how I feel, who would I want to help – mum/partner/friend: be specific and add numbers.

5. Which professionals and agencies can help me when I feel I'm in crisis? For example, any healthcare professionals involved in my care, Samaritans, crisis text or phone line: list names and numbers.

6. How can I make my environment safer. For example, give my medication/tablets to a friend for safekeeping, remove things I might use to harm myself from my home.

What will help me get through right now: For example, photo of special person/pet/place, breathing exercise, remind myself my intense feelings won't last.

Useful contacts for me (tick the box next to the ones most suitable) **Medical Emergency:** This is for when someone is seriously ill or injured and their life is at risk. t: **999**

NHS helpline: This is for when you need medical help fast but it's not an emergency. t: **111**

24/7 NHS Mental health response line: For support and advice. Call free any time, day or night if you are worried about your own or someone else's mental health. The team behind our 24/7 open access telephone response line will listen to you and determine how best to help. **0800 145 6485 (free)** 24 hours a day

Samaritans: Emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide. **116 123** 24 hours a day e: jo@samaritans.org

Shout: 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help. Text: **85258**

Papyrus Hopeline UK: For people under the age of 35 experiencing thoughts of suicide, or anyone concerned that a young person could be thinking about suicide. t: **0800 068 4141** e: pat@papyrus-uk.org

CALM Campaign Against Living Miserably: For men who are down or who need to talk, find information and support. t: **0800 58 58 58** 5pm - midnight every day or webchat at www.thecalmzone.net

Childline: Free, private and confidential service for anyone under 19 where you can talk about anything. Whatever your worry, whenever you need help, anytime. t: **0800 1111** email or chat via www.childline.org.uk

SANeline: Helpline offering specialist emotional support, guidance and information to anyone affected by mental illness, including family, friends and carers. t: **0300 304 7000** 4.30pm - 10.30pm daily



Switchboard LGBT+ helpline: Switchboard provides a one-stop listening service for LGBT+ people on the phone, by email and through Instant Messaging. t: **0300 330 0630** e: **chris@switchboard.lgbt**



Silverline: Free confidential helpline providing information, friendship and advice to older people. t: **0800 470 80 90** 24 hours a day

Videos that help with how and why to make a safety plan can be found here: www.stayingsafe.net/how_to_make_a_safety_plan

My GP phone number:

Others:

If I am concerned about how I feel, I will keep myself safe by: