

# SUICIDE SAFETY PLAN

This plan can help you stay safe when experiencing thoughts of suicide.



# THIS IS YOUR SUICIDE SAFETY PLAN

This plan is to help you stay safe when things feel overwhelming and you are struggling to cope. Staying safe when you are experiencing suicidal thoughts can seem impossible but please know that these thoughts and feelings can change and that things can get better.

Feeling suicidal is often the result of experiencing extreme emotional pain combined with a lack of healthy coping strategies. Your safety plan is a written tool to help remind you of the important things in your life and can help you stay safe and connected with resources and support services that can help you in your time of need.

The best time to write your plan is when you are feeling well and can think clearly. When you are feeling suicidal, you can follow the plan one step at a time until you are safe.

**YOUR NAME:** \_\_\_\_\_

### **My warning signs are:**

What are the triggers that make me feel more out of control?  
Which thoughts, visual images, sounds, behaviours or perceptions mean to me that a crisis might be developing?



### **Why do I want to stay safe?**

What are the reasons I don't want to die today?  
Are there people, pets etc. that make me want to stay alive?



# What can I do right now to keep myself safe?

What do I need to do right now to stay safe?  
What coping strategies can I use? What has worked for me in the past?

## What has worked for me in the past?



## What can I do now to help me cope?



## Distraction Techniques To Try...

**Feeling angry:** Deep breathing, counting, exercising, shouting, hitting a pillow, dancing, running...

**Feeling out of control:** Mindfulness, meditation, writing a list, tidying up, gardening...

**Feeling sad:** Taking a bath, reading, hugging, calling someone, listening to soothing music, walking in nature...

**Feeling numb** Squeezing ice, flicking elastic bands, taking a cold shower, stomping feet, eating something sour...

## To make my environment safer, I will:

What actions can I take to remove things that might be harmful to me if I become overwhelmed? Where can I put medications or sharp objects that could be used to harm myself?



This isn't about removing them forever, but about focusing on staying safe right now.

**A SAFE PLACE I CAN GO TO:** \_\_\_\_\_

## Things that might make it harder for me to stay safe right now:

Do I normally use drugs, alcohol or medications to cope?  
Do these make me more impulsive or lower my mood?



## What can I do about this?

What can I do to make this safer?



**What would I say to a good friend that was feeling this way?**



**What will I tell myself?**



## Positive Affirmations

These feelings will pass

I am not alone

I do not want to die today

I am loved

Things can change

I will get through this

These thoughts are not rational



## What are my personal strengths?

What is great about me and how might this keep me safe?  
What kind things do others say about me when I can't see them myself? Am I creative, determined, caring etc.?



# WHO CAN HELP?

## My support network: Friends or family I can call:

1

NAME: \_\_\_\_\_

CONTACT NUMBER: \_\_\_\_\_

2

NAME: \_\_\_\_\_

CONTACT NUMBER: \_\_\_\_\_

3

NAME: \_\_\_\_\_

CONTACT NUMBER: \_\_\_\_\_

## My professional support: Health professionals I can call:

1

NAME: \_\_\_\_\_

CONTACT NUMBER: \_\_\_\_\_

2

NAME: \_\_\_\_\_

CONTACT NUMBER: \_\_\_\_\_

### What can they do to help?

How can others best support me? What has helped me in the past? Maybe I can share this plan with others?



# WHO CAN HELP?

## Helplines or emergency contacts I can use:



**Emergency Support:** 999 - if you are seriously ill or injured or your life is at risk.



**NHS Medical Advice:** 111 - if you need medical help fast but it's not an emergency.



## Additional crisis contacts for me to use:



**Papyrus Hopeline UK**

Call: 0800 068 41 41; [www.papyrus-uk.org](http://www.papyrus-uk.org);  
for under 35s



**Samaritans**

Call: 116 123; [www.samaritans.org](http://www.samaritans.org)



**Calm**

Call: 0800 58 58 58 ; [www.thecalmzone.net](http://www.thecalmzone.net)



**Switchboard**

Call: 03003300630; [www.switchboard.lgbt](http://www.switchboard.lgbt);  
for LGBTQ+



**SOBS**

Call: 0300 111 6065; [uksobs.org](http://uksobs.org);  
for anyone bereaved by suicide



**SHOUT**

Text 'SHOUT' to: 85258; [www.giveusashout.org](http://www.giveusashout.org)

## If I still feel suicidal and out of control:



I will go to the nearest A&E



If I can't get there safely, I will call 999

