**Appendix 5**

**Safety Plan Example**

**Safety Plan Instructions**

Please note: If a safety plan is already in place then review the existing safety plan, rather than creating multiple versions.

Make your Safety Plan before you reach crisis point. Being prepared is key. Start writing it now. It is also OK if you feel you cannot complete all of it right now, fill in what you can and come back to the other sections later. When filling your safety plan use specific language that relates to you. Examples can be helpful.

Ask someone to help you write your plan. Find someone else who can support you through it, and bounce ideas off – like a family member, friend, or mental health worker. If you name someone in your plan, tell them, and if you can share your safety plan with them.

A safety plan needs to belong to you. It is a very individual plan. Someone can help you develop it, but you need to decide what goes into it, and what works for you.

A safety plan is a practical tool to help you keep safe. It focuses on managing thoughts of suicide and it is not a wellbeing plan or a long-term plan to deal with low mood. But do think about what support you might need to make changes overall to protect you from thoughts of suicide.

It needs to be a plan that is going to work for you. Make sure you have access to your plan when you need. Have a copy on your phone and if you can, share it with relevant family, friends, and professionals such as your GP or mental health worker. Review your plan every so often to check it is still relevant.

**Safety Plan Examples:**

* [Suicide safety plan | Papyrus UK | Suicide Prevention Charity (papyrus-uk.org)](https://www.papyrus-uk.org/suicide-safety-plan/)
* [Safety Planning - Every Life Matters (every-life-matters.org.uk)](https://www.every-life-matters.org.uk/safety-planning/)
* [How to create and use a safe space in schools: Mentally Healthy Schools](https://mentallyhealthyschools.org.uk/resources/how-to-create-and-use-a-safe-space-in-schools/)
* [HOPELINK Digital Safety Plan](https://www.papyrus-uk.org/hopelink/) **-** HOPELINK is PAPYRUS’s digital platform that is helping HOPELINE247 callers to revisit and update their suicide safety plans, online. This unique two-way safety plan is simple to set up, secure and will help to save lives. It is also accessible to users 24/7, meaning that there will be support around the clock for anyone using the service. If you have received your HOPELINK login details please use the button below to login: [Login to HOPELINK](https://hopelink.co.uk/#_blank). If you would like to find out more about HOPELINK, [please click here.](https://www.papyrus-uk.org/help-advice-2/hopelink/)
* We have also added a safety plan proforma and example below.

**My Safety Plan**

**Reasons for living/ keeping myself safe:**

**If I feel distressed/helpless/hopeless:**

|  |  |
| --- | --- |
| **Do:** | **Avoid:** |
|  |  |

**Things I will do to help keep myself safe?**

For example., removal of sharp objects and have a first-aid kit accessible etc.

**Things that my family, school, friends, professional (such as mental health worker) can do to help keep me safe?**

**What is working well?**

**Advice to myself (what I need to remind myself at these times):**

**Who can I talk to for help?**

**Tip: Include adults you trust at school, home or professionals who are there to support you.**

|  |  |  |
| --- | --- | --- |
| **Name** | **Contact Details**  | **When they’re available**  |
|  |  |  |

**Other places to get support:**

|  |  |
| --- | --- |
| **Additional Support Network**Childline101(non-emergency police) | **In an emergency** 999 |

**My Safety Plan Example**

**Reasons for living/ keeping myself safe:**

* *Aspirations such as I want to a marine biologist, and I enjoy being an influencer*
* *Relationships/friendships such as my best friend would miss me, I love my dog etc*
* *Enjoyment such as I love listening to music, I like swimming etc*

**If I feel distressed/helpless/hopeless:**

|  |  |
| --- | --- |
| **Do:** | **Avoid:** |
| * *Speak to someone I trust*
* *Listen to music*
* *Use distraction*
* *Read my self-care plan*
* *Breath*
* *Use keywords to let someone know that you are struggling, if you find it difficult to discuss your feelings*
* *Use diary*
* *Being open and honest about how you feel*
 | * *Self-harm*
* *Isolating myself*
* *Catastrophising*
* *Avoiding identified triggers*
* *Avoid self-medication (drugs and alcohol)*
* *Overuse of social media*
* *Minimising how you feel in fear of upsetting others*
 |

**Things I will do to help keep myself safe?**

* *Removal of sharp objects have a first-aid kit accessible etc.*
* *Avoid risky situations which increase risk taking behaviours for example, events that include drugs and alcohol, social media challenges*
* *Let someone know that I’m struggling using a phrase/keywords/indicator (word/phrase/object)*
* *Use my diary to help you keep track of your feelings and identify patterns overtime*
* *Listen to my music playlist*

**Things that my family, school, friends, professional (such as mental health worker) can do to help keep me safe?**

* *Regular check-ins such as parent/carer checks in with me after school, dinner and before I go to bed.*
* *Notice when I am being exposed to a trigger and support me*
* *Help me avoid triggers*
* *Help me use distraction techniques such as offer me a drink, go for a walk together, make me laugh etc*

**What is working well?**

* *Relationships including friendships, close relationship with sibling etc*
* *Exercising regularly such as going for a swim regularly*
* *Spending time with my dog*
* *Going to school everyday*
* *Cooking*
* *Doing well in science*
* *Trying hard in lessons*
* *Talking to someone I trust about how I feel*

**Advice to myself (what I need to remind myself at these times):**

* *Remember to look at my self-care plan.*
* *These times are only temporary, and these feelings will pass so avoid being impulsive (such as drugs and alcohol).*
* *I’m doing the best that I can right now.*
* *My best is good enough.*
* *I am loved.*
* *Write about what has gone well in the day.*

**Who can I talk to for help?**

**Tip: Include adults you trust at school, home or professionals who are there to support you.**

|  |  |  |
| --- | --- | --- |
| **Name** | **Contact Details**  | **When they’re available**  |
| * Parent/carer
* Wider family member
* Friend
* Therapist
 |  |  |

**Other places to get support:**

|  |  |
| --- | --- |
| **Additional Support Network*** *Mum, Sam, Jack, Joe*
* *Samaritans: 116 123*
* *SHOUT textline: Text Shout to 85258 is a free, confidential, anonymous text support service. You can text us from wherever you are in the UK.*
* *Childline:* [*Call us free on 0800 1111 or find out how to get in touch online. Whatever your worry, we're here for you.*](https://www.childline.org.uk/get-support/contacting-childline/)
* *SET CAMHS service - you or someone on your behalf can Call SET CAMHS: Freephone 0800 953 0222 between the hours of 9am-5pm, Monday to Friday,*
* *SET CAMHS urgent help or out of hours help: call NELFT out of hours: 0800 995 1000*
* *NHS 111: Call 111*
* *101(non-emergency police)*
 | **In an emergency** * *A&E*
* *Call 999*
 |