

Your Safety **Action** Plan

A safety action plan can help you stay safe when you are finding things difficult or experiencing suicidal thoughts. It's your personal checklist when you need it most.

It's best to complete this document when your mind is clear and you can focus on the things that will help in times of difficulty.

1. HOW DO I GET THROUGH THIS MOMENT?

Identify the things to help you get through the next 30 seconds

For example: Deep breathing, repeating a helpful phrase (e.g. this won't last forever), focusing on something that means a lot (e.g. family, a pet), distraction techniques.

2. WHO ARE THE PEOPLE I CAN TALK TO?

Identify people who can guide you through your difficult feelings

For example: A close friend, family member or healthcare professional. You might also contact a confidential helpline, such as the Samaritans.

3. HOW CAN I IMPROVE MY SAFETY?

Think about what you could do or where you could go to feel safe

For example: Removing items you could hurt yourself with, being in the company of a friend or family member, going to a local café or in public with other people.

4. WHAT CAN I DO TO CALM MYSELF?

List the coping strategies you could use to feel calm or keep yourself distracted

For example: Listening to music, doing a puzzle, being creative, watching TV, cuddling a pet, practicing mindfulness, having a bath, connecting to those who mean a lot to you.

5. MY EMERGENCY CONTACTS

These are the people or services you can contact in an emergency

For example: Your doctor or mental health practitioner, a mental health service or crisis team, the Samaritans, non-emergency / emergency numbers (e.g. 999).