

My Safety Plan

Remember: Help is always available.



1

My Reasons For Living:

- 1.
- 2.
- 3.

2

Making my situation safer:

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

3

My Warning Signs:

- 1.
- 2.
- 3.
- 4.

4

Lifting my mood, distractions:

What will I tell myself as alternatives to the dark thoughts?

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

What could others do that may help?

5

Who can I call?

Person 1:	Contact No.
Person 2:	Contact No.
Person 3:	Contact No.
Person 4:	Contact No.

6

Where is a safe place to go:

- 1.
- 2.
- 3.

Helpful Apps



CALM HARM

Worried about
self-harm?
Calm Harm is a free app
that helps you manage or
resist the urge to self-harm.

STAYALIVE

The Stay Alive app is a suicide
prevention resource for the UK,
packed full of useful information
and tools to help you stay safe in
crisis.

THE  GOOD THINGS
BETA

Three Good Things encourages
users to write down three things
that went well for them each and
every day.



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Supporting people affected by rape and sexual abuse