

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



CALMHARM

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.



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