Every life matters...

My Safety Plan

My reasons for living: This may be people, animals, commitments, future plans or the hope that things may change.

-
-
-
-
-

My warning signs: What thoughts and feelings happen before you start to have thoughts of suicide?

-
-
-
-
-

Making my situation safer: Do you have a plan of how you would take your own life? Consider making it harder for yourself to get hold of these means or remove them. What situations or people might you avoid? What has helped you stay safe in the past? How can you avoid alcohol and drugs?

Lifting my mood: The first stage of managing those emerging is knowing how to lift our mood a distract ourselves. What works for you?

My distractions: Thoughts of suicide are strongest for 15-30 minutes. Can you find distractions and activities to get you through one minute at a time?

My informal support:
Safe and trusted people or organisations, that you feel comfortable to talk to– including about your thoughts of suicide.

My professional support:
Are you connected with any mental health professionals? Do you have a Care Co-ordinator for example?
.

NHS **111** (Option 2) Universal Crisis Line

If I can't keep myself safe I will go to A&E or ring 999