My reasons for living

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Every Life Matters Support Directory

Samaritans
24 hour | 365 days a year
Call 116 123

Shout
24 hour Crisis Text Service
Text "SHOUT" to 85258

Childline
24/7 Helpline for U19's
Call 0800 1111

My distractions

Who will I share my safety plan with?

My professional support

In an emergency

CALL 999 now if you've made a suicide attempt. Explain what is happening. You can stay on the phone until the ambulance arrives.

If you are struggling to stay safe, or your thoughts of suicide are becoming too overwhelming
CALL NHS 111, OPTION 2

My Safety Plan

Writing your Safety Plan

Many people will have thoughts of suicide – and for the vast majority of people these thoughts will pass. A safety plan helps keep you safe during a crisis by outlining practical steps you can take. It can help you find hope when all feels lost, even if it's just a small glimmer.

- Make your safety plan before you reach crisis point.
- Ask someone to help you write your plan.
- Keep your plan with you, on this form or your phone.
- If you list someone as support in this plan, tell them and, if possible, share a copy with them.

Find out more about safety plans at www.every-life-matters.org.uk or scan the QR code below

My reasons for living

It's important to remember that alongside reasons for dying, there are also reasons for living. Include these in your plan as reminders to stay alive—written notes, photos, or meaningful objects.

These might be people or animals, commitments, future plans, or hope that things can change. Some people create hope boxes, virtual or physical, filled with reminders of what matters to them and items that soothe or distract.

Making my situation safer

- **Suicide Plans:** Do you have a plan for ending your life? Could you make it harder to access items you need, for example by removing them from your home?
- **Alcohol/Drugs:** These can worsen your emotional state and increase impulsive behaviour.
- **Environment:** Are there people, places, or times that affect you negatively? Does your online or social media use help, harm, or support you?
- **Past History:** Have you previously made a suicide attempt? What have you learned from past attempts, and how could this help keep you safer?

My warning signs

- What feelings or thoughts, especially of hopelessness or feeling trapped, come before thoughts of suicide?
- Are these thoughts increasing in intensity or frequency?
- Have you noticed changes in behaviour, such as drinking more, isolating, increased self-harm, recklessness, or other unhelpful coping habits?
- Could people close to you recognise these signs and help you notice them?
- Do you know what triggers these feelings—such as certain events, times of year (like anniversaries or winter), relationship issues, or life events that leave you feeling out of control or helpless?

Lifting my mood

The first step in managing emerging thoughts of suicide is knowing how to lift your mood. Think about what works for you, be realistic, and remember different things help at different times. Some people are good distractions even if you wouldn't talk to them about your feelings—include them in this part of your plan. Also be aware of people or places that worsen your mood or that you need to avoid.

- **Creative:** draw, colour, make a playlist, bake a cake
- **Physical:** go for a walk or run, hit the gym, go for a ride
- **Productive:** make lists, declutter, garden, write yourself a letter
- **Relaxing:** meditate, have a bath, listen to music, spend time with a pet, game, watch a favourite movie
- **People & places:** meet a friend, play sports, visit a museum, or go to a faith centre

Every life matters

Suicide Safer Cumbria
every-life-matters.org.uk
Charity No. 1180815

My informal support

If you're struggling to lift your mood and thoughts of suicide remain or increase, contact safe, trusted people or organisations you feel comfortable talking to—including about these thoughts. List at least three in your safety plan, such as friends or family, a support worker, a helpline, or online forums. And at least one you can access in the nighttime.

Get helpline numbers like Shout and Samaritans in your mobile.

My distractions

If your thoughts of suicide are getting stronger—and you can't lift your mood or talking hasn't helped—it's important to take further steps to keep yourself safe. Studies suggest these thoughts are often strongest for 15–30 minutes. Focus on getting through this time minute by minute. Stay safe for now and don't act on the urges. This is where your safety plan matters. Use distractions and activities to help you. Find what works for you, such as:

- breathing exercises
- physical actions such as hard exercise, flicking rubber bands on your skin or a cold shower
- positive affirmations
- games on your phone
- your hope box

You may be overwhelmed, but it is so important to remember these feelings will pass.

My professional support

Are you connected to mental health services or a care coordinator, and do you know how to contact them in a crisis? Do you have a supportive GP? Keep all their contact numbers in your safety plan and on your phone.

In a crisis, you can also call NHS 111, option 2, to be connected with local mental health services.