

Fill in this Safety Plan with precise details that are relevant to you for each step, then keep it somewhere where you can access it easily when you need it.

<b>If I am feeling overwhelmed and in danger of acting on suicidal thoughts, I will do the following:</b>	
<p><b>1. I will make a deal with myself not to act on this immediately and to follow my Safety Plan to reduce the risk of acting on these thoughts.</b>  <i>(Write a clear statement using 'I' that you can read and repeat to yourself: eg. "I will help the bit of me that does want to survive." "I will give myself time to try to take care of myself and help myself feel a bit better.")</i></p>	
<p><b>2. I will speak to myself with compassion and caring, reminding myself of ways to calm myself down and soothe myself:</b>  <i>(Write down caring things you can say to yourself, thinking about what you might say to a friend who was feeling this bad eg. "It's hard to feel this way – try to be kind to yourself." "These are just thoughts – you don't need to act on them." "Remember your breathing and relaxation techniques.")</i></p>	<p>I can say:</p>
<p><b>3. I will call one of the following people:</b>  <i>(It's a good idea to save these numbers in your phone contacts under a relevant heading like 'Help'. You could also see if one or more of the listed people would agree to keep a copy of your Safety Plan and help talk you through it if necessary)</i></p>	<p>Friend: (Number) _____</p> <p>Parent/relative: (Number) _____</p> <p>Doctor: (Number) _____</p> <p>Campus Nightline: (Number) _____</p> <p>Samaritans: T: 116 123 E: jo@samaritans.org</p> <p>HOPEline UK: T: 0800 068 41 41 SMS: 0776 209 697 E: pat@papyrus-uk.org</p> <p>The Mix: T: 0808 808 4994</p> <p>Other: (Number) _____</p>
<p><b>4. I will make myself safe from acting impulsively by:</b>  <i>(Write down what you can do to make it more difficult for you to harm yourself eg. not drinking alcohol or taking any drugs while you are feeling this way, also note who you can give medication stockpiles to, what items should be kept locked away, who you can call in an emergency to help you keep yourself safe.)</i></p>	<p>I will _____</p> <p>I will _____</p> <p>I will _____</p> <p>I will _____</p>

<p><b>5. Other people can help me by:</b>  <i>(Write down reminders of the kind of help you can ask other people for eg. keeping me company or letting me come over, being in touch with me online, taking away dangerous items for safe-keeping)</i></p>	
<p><b>6. I will choose something from my list of self-soothing distractions and focus on it for at least 20 minutes:</b>  <i>(eg. watch TV or a light-hearted DVD; read a book; write in a diary; tidy my room; have a soothing bath; go for a walk with upbeat music on my mp3 player; focus on my breathing or listen to a relaxation or mindfulness mp3; etc – see ‘Taking care of myself’ for more self-soothing ideas)</i></p>	<p>My self-soothing list:</p> <ol style="list-style-type: none"> <li>1. _____</li> <li>2. _____</li> <li>3. _____</li> <li>4. _____</li> <li>5. _____</li> <li>6. _____</li> <li>7. _____</li> <li>8. _____</li> <li>9. _____</li> <li>10. _____</li> </ol>
<p><b>7. I will remind myself of my coping statements and what has helped me before:</b>  <i>(Write down one or more coping statements that you can repeat to yourself: eg. “I have survived so far, and I will make a commitment to surviving for another hour/day.” “These are just thoughts – I don’t have to act on them.” “This feeling will pass.”)</i></p>	
<p><b>8. If I still feel suicidal and at risk a safe place I can go to is:</b>  <i>(Write down places you may be able to go if you still feel at risk eg. friend who has agreed to be available – check limits to this; halls welfare officer; campus emergency support services; nearest A&amp;E remembering to tell them you feel you are a danger to yourself)</i></p>	
<p><b>9. Any other thoughts of my own that might help me when I’m low:</b></p>	