My Crisis Safety Plan

MY CRISIS SAFETY PLAN

NAME: _____ DATE: _____ dd / mm / yyyy

Warning Signs: Know when to get help... what are the warning signs that you are beginning to struggle? These can include thoughts, feelings, or behaviours.

Making my situation safer: What obstacles might there be to using your coping skills?

Things to lift or calm my mood: What strategies have worked before?

Things to distract me: What can you do, by yourself, to take your mind off the problem?

People to support me - Name: _____ People to support me - Number: _____

People to support me - Email: _____

Emergency professional support: In immediate danger of harming self or others (or injured): call 999 or go to A&E immediately. In crisis: call 111 option 2 (NHS) or call 116 123 (Samaritans) or text 85258 (SHOUT)

Local Support Resources:

A message to myself: Remind yourself of a time when sadness is not speaking for you, or telling you to do harm