

My psychological safety plan

If you sometimes struggle with thoughts about hurting yourself, or taking your own life, then having an action plan to cope with this distress can really help. Feeling suicidal is common. It's often the result of real and very painful life experiences, and not having access to loving relationships and resources to cope. We, therefore, need to reduce pain and access other coping resources.

When we feel distressed, we often can't think clearly. People tell us that having a plan in place, which they can reach for in their hour of need, is helpful.

Keep this plan where you can easily find it, for when you need it. Follow the plan one step at a time until you are safe.

Please remember that these difficult thoughts and feelings can ease.

Preventative Steps

What can I do in advance to reduce triggers or stop things escalating?



Preventative Steps

How can I make my environment safe?



Warning Signs

What signs or triggers tell me that risk is increasing?



What I need to do to help:

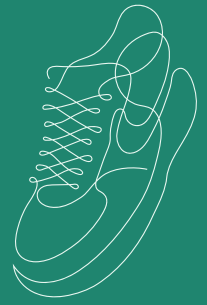
What have I done in the past that helped?





What I need to do to help:

What practical ways of coping do I have?



What I need to do to help:

What can I do to calm or soothe myself?



What I need to do to help:

How can I distract myself?



What I need to do to help:

How can I minimise access to things that might hurt me?



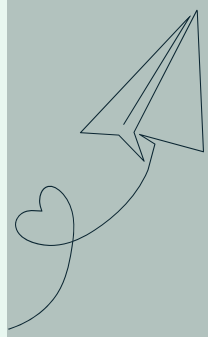
Other ways to look at this?

What can I tell myself to help? (Alternatives to distressing thoughts)



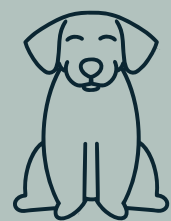
Another perspective

What would I say to someone I care about who was feeling this way?



Another perspective

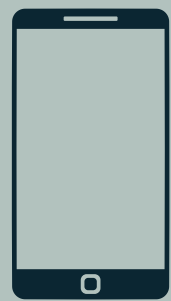
What could others do to help?



A safe place I could go is?

Another perspective

Who can I call? (insert important telephone numbers here)



A friend or relative?

A health professional?

Private medical insurer helplines?

This [website](#) will help you find your local NHS community mental health team

Remember

The three most important things in the world to me are?

1

2

3

These are my most important reasons for living

Steps to take in a crisis

We do not offer a crisis contact service at HelloSelf. If you need to speak to someone urgently, then please reach out to these services:

Call **The Samaritans** (24hr): 116 123 or email jo@samaritans.org

Call **Saneline**: 0300 304 7000 (4pm – 10pm)

Call **Rethink**: 0845 456 0455 (Mon – Fri, 10am – 2pm)

Call **CALM**: 0800 58 58 58 (Everyday, 5pm – midnight)

Call **Papyrus**: 0800 068 41 41 or Text: 07860 039967

Text "SHOUT" to 85258 or visit **Shout Crisis Text Line** (24hr)

Make an **appointment with your GP**

Call **NHS Direct on 111**

If you are in a life threatening situation or cannot keep yourself safe go to your local A&E and if you cannot get there safely call 999

