

Safety plan

Staying safe when you are
struggling to cope with
suicidal feelings

www.lpft.nhs.uk/suicidesafe

Samaritans call for free any time, from any phone on 116 123

Here are some brief ideas you may want to consider when you are struggling to cope and thinking about suicide.

You can find more advice on our website

www.lpft.nhs.uk/suicidesafe

or by contacting Samaritans for free on

Telephone: **116 123**

Email: jo@samaritans.org

www.samaritans.org

Here are some suggestions to consider when creating your own safety plan which will help keep you safe.

Think about your plan before you start to struggle. You may need someone to help, such as a friend or family member.

Think about what support you need. You could make a list of things that you could do to help yourself. You can write down the names and numbers of people who would be able to help you.

You may find it helpful to include the good things in your life or things that you are looking forward to as part of the plan. There is no set way for how your plan should look.

- Try to get through today rather than focusing on the future.
- Talk about how you are feeling with someone you trust or an emotional helpline like Samaritans on 116 123.
- Contact a health professional such as your GP, NHS 111 or mental health professional.
- Do activities you enjoy which take your mind off what you are thinking.
- Be proud of what you're good at, as well as aware of what you struggle with
- If you are in danger of taking your own life call emergency services on 999, or go to Accident and Emergency (A&E).

List three people you can call if you are struggling to cope

Name	Telephone number

List ten things you could do to help yourself

	<i>For example. Call the Samaritans; get some fresh air; find an item that gives you comfort; take a shower so you don't feel so hot and confused; tense and relax your muscles from head to toe</i>
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Safety plan

Who can help me and how?	Who can I call? Friend Professional Helpline	What would I say to someone in my situation?
Where can I go that I feel safe?	What have I done before that's worked?	If the suicidal feelings won't go away what should I do? <ul style="list-style-type: none">• Ring Samaritans or 111• Go to A&E• Call 999
What can I do to distract myself?	What things make me feel worse, that I should avoid?	Any other helpful thoughts and ideas?