

Safety Plan Example

What I need to do to reduce the risk of me acting on the suicidal thoughts:

Remove stockpile of medication – take them to pharmacy. Throw away blades.

What warning signs or triggers are there that make me feel more out of control?

Staying home, alone, in bedroom, brooding.

What have I done in the past that helped? What ways of coping do I have?

Phoning Jo and being honest with her.

Keeping busy.

Being with other people.

Writing down my thoughts and feelings – and reminding myself of alternative ways of looking at things.

What I will do to help calm and soothe myself:

Focus on my breathing.

Do something else, anything, for at least 20 minutes.

Then do something else if it still feels overwhelming.

If I still have suicidal thoughts – I'll call Jo (or others in my plan) If that doesn't help, I'll go to A&E.

What I will tell myself:

I've got through this before, I can get through it now.

These are horrible thoughts, but they are just thoughts, I don't have to act on them. I love Jo and my family, and I don't want to hurt them. This will pass.

What would I say to a close friend who was feeling this way?

You will get through this. You will feel better tomorrow and be grateful that you didn't die. Just do what helps. You'll be okay.

What could others do that would help?

Jo will remind me of my safety plan.

Who can I call:

- Friend or relative: *Jo xxxxxxx* Another? *Denise xxxxxx*
- Health professional: *Dr xxxxxxx* Other? *CPN Tom xxxxx*
- Telephone helpline: *Samaritans 116 123* Other? *xxxxx*

A safe place I can go to:

Jo's place. The day centre.

If I still feel suicidal and out of control:

- **I will go to A& E department**
- **If I can't get there safely, I will call 999 (112, 911)**