

My Safety Plan

Getting through right now
Step outside for fresh air
Put on calming music
Drink a glass of cold water

Making your situation safer
Reach out to my best friend and let them know how I am feeling.
Walk to the park.
Ask someone to remove the medication from my home.
Share my hospital passport with a health professional/someone supporting me.

Things to lift or calm your mood
Look through photos on my phone.
Talk a walk around the park.
Phone/text a friend.

Things to distract you
Bake cookies.
Walk the dog around the park.
Listen to my favorite happy song
Call Joe Bloggs on 07777 777777

People to support you
Mum: 07111 111 111 (All day)
Joe Bloggs: 07777 777777 (9am to 10pm)

List who you can talk to if you are distressed or thinking about self-harm or suicide
Samaritans: 116 123 (24/7 www.samaritans.org)
PAPYRUS : 0800 068 4141 (Weekdays 10am-10pm, weekends 2pm-10pm, Bank holidays 2pm-5pm Offers translation service)
Mind: 0300 123 3393 (9am to 6pm, Monday to Friday)
Young Minds: (24/7 Text the YoungMinds Crisis Messenger, Text YM to 85258)
LGBT Foundation: 0345 3 30 30 30 (9am until 9pm)

Emergency professional support
NHS Helpline England: 111
My GP (family doctor) : 01111 111111 (8am-6pm)