

My Safety Plan



1

My warning signs are: *These can be thoughts, feelings or behaviors that indicate you are at risk.

2

Things i can do to take my mind off my problems are: *These are things you can do to help lift your mood, like meditation or exercise.

3

People and places I can go to for distraction:

	<input type="text"/>		<input type="text"/>
	<input type="text"/>		<input type="text"/>
	<input type="text"/>		<input type="text"/>

4

People I can ask for help:

	<input type="text"/>		<input type="text"/>
	<input type="text"/>		<input type="text"/>
	<input type="text"/>		<input type="text"/>

5

Professionals or services i can contact in crisis:

	<input type="text"/>		<input type="text"/>
	<input type="text"/>		<input type="text"/>
	<input type="text"/>		<input type="text"/>

6

Steps I can take to make my environment safer. Please list:

**Remember:
Help is always
available.**

In the event of a crisis:

1st Emergency Contact:

Samaritans 116 123,

Mikeysline Text: 07786 207755 Sun to Thurs 6pm – 10pm, Fri and Sat 7pm-7am

NHS24 111

Call Emergency Services: 999