



My safety plan

What are the signs that you are struggling to cope and need to take action?

First, try something to relax or distract you. There are lots of ideas for coping on the back of this sheet. Write three ideas for future reference below.

If you're still very distressed, consider talking to someone you know. Use the spaces below to write three names of people who might be able to support you.

If you'd rather talk to someone you don't know, try these:

Text SHOUT to 85258

Call Papyrus on 0800 068 4141 (9am - midnight)

Call Samaritans on 116 123 (24/7)

You can speak to an NHS crisis service around the clock, and so can anyone supporting you who needs urgent advice.

Dial 111 and select option 2, or find the number for your local CAMHS crisis service and write it below.

If you feel you *cannot keep yourself safe*, go to your nearest A&E or ask an adult to take you there. In an emergency, dial 999.

Physical coping

 Going to the gym  Punching a punch bag  Hitting the wall with a pillow  Ripping paper




Creative coping

 Writing poetry or stories  Playing an instrument  Making a playlist  Sewing

Comforting

 Cuddling a soft toy or pillow  Having a bath  Stroking a pet  Having a warm drink

Constructive coping

 Cleaning or organising  Cooking or baking  Doing schoolwork  Gardening





Having fun

 Watching TV or Netflix  Playing with Play-Doh  Building with Lego  Dressing up





Being with others

 Calling a friend  Asking for a hug  Going to a public place  Helping someone




Being inspired

 Practicing mindfulness  Looking at artworks  Watching birds  Finding a beautiful stone

Displacing urges to self harm

 Drawing on yourself with red pen  Snapping an elastic band on your wrist
 Grasping an ice cube  Eating a chilli

Reinforcing avoidance of self harm

 Thinking about not wanting scars in the summer  Thinking about not wanting to go to hospital
 Setting a timer for 10 minutes and making a promise not to harm yourself in this time (then try 15)

You can also download and try the 'Calm Harm' app for Apple or Android.

This list borrows from a similar document created by the National Self Harm Network. For more information and advice, visit <https://www.nshn.co.uk/whatis.html>