



Safety Plan

If you sometimes struggle with suicidal thoughts, complete the form below. When you are feeling suicidal, follow the plan one step at a time until you are safe.



Feeling suicidal is the result of experiencing extreme pain, and not having the resources to cope. We therefore need to reduce pain and increase coping resources.

These feelings will pass.

Keep the plan where you can easily find it when you'll need it.



What I need to do to reduce the risk of me acting on the suicidal thoughts:
What warning signs or triggers are there that make me feel more out of control?
What have I done in the past that helped? What ways of coping do I have?
What I will do to help calm and soothe myself:
What I will tell myself (as alternatives to the dark thoughts):
What would I say to a close friend who was feeling this way?
What could others do that would help?
Who can I call: <ul style="list-style-type: none"> Friend or relative: Another? Health professional: Other? Telephone helpline: Other?
A safe place I can go to:
If I still feel suicidal and out of control: <ul style="list-style-type: none"> I will go to the A& E department If I can't get there safely, I will call 999 (112, 911 etc)

My Safety Plan



Getting through right now
Making your situation safer
Things to lift or calm your mood
Things to distract you
People to support you
List who you can talk to if you are distressed or thinking about self-harm or suicide
Emergency professional support



My plan to stay safe from selfharm

Plan for: _____ (name)

1) I know I am likely to harm myself when:(e.g. how would other people be able to tell? what do you think about when you feel really bad, how do you behave ...)

2) The things that stop me from harming myself are: (e.g. thinking about loved ones, don't want scars...)

3) When I feel like harming myself I want people to: (name several people and what you would want them to say/do e.g. be reminded of things in 2 above)

4) If I have harmed myself or think I might harm myself, it would be helpful to contact the following people:
(who to contact and how, what to say to them – think of as many options as possible)

5) If I need medical attention (for an overdose or injury) or urgently need to see a specialist mental health worker: I will call 999 and ask for an 'ambulance' or arrange for help to get to the nearest A and E Department. My nearest A and E Department is at Rotherham NHS Foundation Trust

6) I will share this plan with the following people so they can help me stay safe: (e.g. workers, family members, friends, etc. List names and contact details, think about how you will tell them about the plan and if you want anyone to support you with this)

7) Any other relevant information?

Date _____

Signed _____ (young person)

Signed _____ (worker name and job title)



WHERE CAN I GET HELP?

Support for your mental health and emotional wellbeing



Services for all ages

Services for children, young people and families

Other services

Central Access Point

If you are in need of urgent NHS mental health support you can call our Central Access Point.

0116 295 3060 24/7

Mum's Mind

A text service providing advice and information to anyone concerned about a mum's mental health in pregnancy or baby's first year.

07507 330026 M-F 9.00 – 16.30

ChatHealth

Confidential text messaging service for advice and information from a public health nurse (health visitor or school nurse).

	For young people aged 11-19:	For parents and carers:
Leicester:	07520 615386	07520 615381
Leicestershire and Rutland:	07520 615387	07520 615382

Health for Under 5s, Health for Kids, and Health for Teens

Dedicated websites with age-appropriate resources. Search 'Health for Under 5s / Kids / Teens'

Turning Point

Provide a confidential mental health crisis line for adults.

0808 800 3302 24/7

Let's Talk Wellbeing (IAPT)

Provide a range of talking therapies and self-help materials to help you if you are experiencing anxiety, stress or depression.

0116 292 7010

visit www.leicspart.nhs.uk/emotional-wellbeing for more

Support - Signposting for Leicestershire

Central Access Point – 0116 295 3060 – 24hr free phone line for urgent help with mental health in Leicestershire

SHOUT Crisis Line – TEXT SHOUT to 85258 – 24hr free text helpline for urgent help with mental health

<https://giveusashout.org/get-help/>

SAMARITANS – Call 116 123 – 24hr free text helpline to seek support and to talk. Whatever you're going through, a Samaritan will face it with you. 24/7, 365 days per year

<https://giveusashout.org/get-help/>

Staying Safe from Suicidal Thoughts (videos to watch now and urgent support)

<https://staying-safe.net/>



SUNRISE Wellbeing

Holistic therapeutic support service for children, young people & adults

Hub of hope – the world’s first mental health database to find the nearest source of support for any mental health issue near you

<https://hubofhope.co.uk/>

Turning Point (Urgent Mental Health Support)– 0808 800 3302 – 24hr phone line

Lamp Advocacy an independent mental health charity

Tel: 0116 255 6286 (9.00am – 5.00pm)

Website: <https://www.lampadvocacy.co.uk/lets-talk/>

The Crisis Resolution and Home Treatment Team: 0300 300 1010 - Provides a rapid assessment for those people who are experiencing a mental health crisis of such severity that without the intervention of the team, a hospital admission would be required.

PAPYRUS

Young suicide prevention society.

Tel: HOPElineUK 0800 068 4141 (Monday to Friday, 10am to 5pm and 7pm to 10pm, and 2pm to 5pm on weekends)

Website: www.papyrus-uk.org

Mental Health Matters: 18+ Residents of Charnwood, North-West Leicestershire, Hinckley and Bosworth, Melton and Rutland experiencing emotional/mental health problems

Email: www.mentalhealthmatters.com

24 Hr Helpline: 0300 323 0187

Referrals (including self-referral): 0300 323 0189

- Information, advice and guidance:
 - One-to-one support with a trained Recovery Worker
 - Various support groups
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Life Links Leicester: Covers 18+ residents of Blaby, Oadby & Wigston and Leicester City with mental health recovery and wellbeing support

Tel: 0800 023 4575

Email: Leicestershire.Lifelinks@richmondfellowship.org.uk

Website: www.lifelinks.co.uk



SUNRISE Wellbeing

Holistic therapeutic support service for children, young people & adults

My Mind Matters: All ages, Harborough and surrounding areas, mental health & wellbeing support

Tel: 01858 411 383 (not a crisis line - advice & support). Email: : mindmatters@vasl.org.uk

- Advice Line
- Community recovery support
- Workshops
- Community drop in sessions

National Centre for Mental Health | <https://www.ncmh.info/leaflets/>

Resources for people dealing with a variety of mental health concerns, these are downloadable leaflets which contain useful information on conditions such as bipolar disorder, anxiety, ADHD, Depression and more, these leaflets include signs and symptoms, and contact numbers for charities and organisations which can offer support to people or family members experiencing mental health concerns.

Anxiety UK | Charity providing support if you have been diagnosed with an anxiety condition.

Tel: 03444 775 774 (Monday to Friday, 9.30am to 5.30pm)

Website: www.anxietyuk.org.uk

CALM | CALM is the Campaign Against Living Miserably, for men aged 15 to 35.

Tel: 0800 58 58 58 (daily, 5pm to midnight)

Website: www.thecalmzone.net

Men's Health Forum | 24/7 stress support for men by text, chat and email.

Website: www.menshealthforum.org.uk

Mind

Promotes the views and needs of people with mental health problems.

Tel: 0300 123 3393 (Monday to Friday, 9am to 6pm)

Website: www.mind.org.uk

No Panic

Voluntary charity offering support for sufferers of panic attacks and obsessive-compulsive disorder (OCD). Offers a course to help overcome your phobia or OCD.

Tel: 0844 967 4848 (daily, 10am to 10pm).

Website: www.nopanic.org.uk



SUNRISE Wellbeing

Holistic therapeutic support service for children, young people & adults

Rethink Mental Illness

Support and advice for people living with mental illness.

Tel: 0300 5000 927 (Monday to Friday, 9.30am to 4pm)

Website: www.rethink.org

SANE

Emotional support, information and guidance for people affected by mental illness, their families and carers.

Textcare: comfort and care via text message, sent when the person needs it most: www.sane.org.uk/textcare

Peer support forum: www.sane.org.uk/supportforum

Website: www.sane.org.uk/support

YoungMinds

Information on child and adolescent mental health. Services for parents and professionals.

Tel: Parents' helpline 0808 802 5544 (Monday to Friday, 9.30am to 4pm)

Website: www.youngminds.org.uk

Refuge

Advice on dealing with domestic violence.

Tel: 0808 2000 247 (24-hour helpline)

Website: www.refuge.org.uk

Drinkline

A free confidential helpline for people worried about their own or someone else's drinking.

Tel: 0300 123 1110 (weekdays 9am to 8pm, weekends 11am to 4pm)

Cruse Bereavement Care

Tel: 0808 808 1677 (Monday to Friday, 9am to 5pm)

Website: www.cruse.org.uk

Family Lives

Advice on all aspects of parenting, including dealing with bullying.

Tel: 0808 800 2222 (Monday to Friday, 9am to 9pm and Saturday to Sunday, 10am to 3pm). Website: www.familylives.org.uk



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NHS | <https://www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline>

This link will take you through some questions and signpost you to a local crisis support service

Together

Supports people through mental health services.

Tel: 020 7780 7300

Website: <https://www.together-uk.org/our-mental-health-services/>

PANDAS Foundation

PANDAS Foundation vision is to support every individual with pre (antenatal) or postnatal depression, or postnatal psychosis in England, Wales and Scotland.

Tel: 0843 28 98 401 (every day from 9am-8pm)

Email Support: info@pandasfoundation.org.uk / Website: <https://pandasfoundation.org.uk/>

Age UK

Info-line on issues relating to older people.

Tel: 0800 678 1602

Website: <https://www.ageuk.org.uk/>

Harmless

Self-Harm Advice & Information

Website: <https://harmless.org.uk/>

Talk to Frank - Support & Advice about Drug

Phone – 0300 123 6600 (CALL FRANK 24 hours a day, 7 days a week)

CHAT TEXT – 82111 (Text a question and FRANK – you will receive text support back)

Website: <https://www.talktofrank.com>

BEAT - Advice & Support around Eating Disorders

Helpline – 0808 801 0677 / Studentline 0808 801 0811 / Youthline 0808 801 0711

Helplines are open 265 days a year, from 9am-8pm during the week and 4pm-8pm on weekends/bank holidays

<https://www.beateatingdisorders.org.uk/>