

# MY STAYING SAFE PLAN

## What is a safety plan? Why have one?

During times of distress, a 'Staying Safe' plan can be a vital reminder of:

- What people can do to get through their difficulties
- Practical ways they can make their situation safer
- People and services to contact for support

We never know what is 'just around the corner'. This is why a safety plan is an essential tool not only for those that are thinking about suicide (1 in 5 people will at some point in their lifetime); or those who are experiencing mental health difficulties (1 in 4 people each year); but for all of us.

We have created a simple template for you to create your own. There is an example to give you some ideas and we have included some organisations that you may wish to include.

If you don't want to write a plan for yourself you may want to give it to someone else; perhaps someone that you know who is struggling. Or perhaps you can reach out and support a friend, family member, colleague, or someone you care for in a professional capacity. Better still, why don't you write them together?

Finally, we want you to remember, it is always the darkest before the dawn.

The All On Board team

x



# MY STAYING SAFE PLAN

"Because I cannot pour from an empty cup."



**WHAT HAS WORKED IN THE PAST?**



**WAYS THAT I CAN DISTRACT MYSELF**



**SUPPORTIVE PEOPLE I CAN REACH OUT TO FOR HELP:**

*Include phone numbers/ email addresses etc*



**STEPS I CAN TAKE TO MAKE MY ENVIRONMENT SAFER:**



**WEBSITES, CHARITIES, SERVICES THAT CAN SUPPORT ME**

*Include phone numbers/ web addresses etc*

**If you are not able to stay safe go to A&E or call 999**

# MY STAYING SAFE PLAN

Use this guide to help you, or help someone else to make a safety plan. It is best done before things get too difficult to prepare for if they do.



## WHAT HAS WORKED IN THE PAST?

Sometimes it can be helpful to think about what you have done before to lift your mood, or stop things from getting worse. These will be unique to you but could include visiting a place of worship, a breathing exercise, gardening or baking. It may also involve reconnecting with things that you haven't done for a long while but used to find helpful; playing or watching sports, listening to music, watching a film, doing some DIY or volunteering locally.



## WAYS THAT I CAN DISTRACT MYSELF

Here you consider what takes your mind away from negative thoughts, or calms you. Examples may include intense exercise, listening to music, putting ice cold water on your face, doing a puzzle, or something creative like colouring.



## SUPPORTIVE PEOPLE I CAN REACH OUT TO FOR HELP:

This could be friends or family or colleagues. It would also include people in your community e.g. a friendly shopkeeper, a neighbour, someone in the GP surgery or at a foodbank. It includes organisations who are there to befriend, or trained to listen.



## STEPS I CAN TAKE TO MAKE MY ENVIRONMENT SAFER:

Even if you have a plan and the means to harm yourself, if you are reading this then there are things you can do to prevent it from happening. This may be telling someone else, asking them to take away or destroy the items. It could be taking yourself away from danger, or triggers or trying the other parts of this plan.



## WEBSITES, CHARITIES, SERVICES THAT CAN SUPPORT ME

It is always helpful to be aware of different services that are available to someone who may be lonely, feeling unhappy, or thinking about harming themselves or ending their life. You may prefer to talk to a stranger, or be unable to get in touch with a supportive person.

I have the power to say "this is not how my story will end"

# MY STAYING SAFE PLAN

"Because I cannot pour from an empty cup."



## WHAT HAS WORKED IN THE PAST?

Listing reasons to stay alive. Asking to see GP urgently. Thinking of safe places. Calling my friend John. Going to the library. Not drinking alcohol.

## WAYS THAT I CAN DISTRACT MYSELF

Using my fidget toy. Taking the neighbours dog for a walk. Watching videos that make me laugh. An ice cold shower. doing the gardening. Music.

## SUPPORTIVE PEOPLE I CAN REACH OUT TO FOR HELP:

*Include phone numbers/ email addresses etc*

John: 020 8000 0000

My boss Julie: 07946 000 000

## STEPS I CAN TAKE TO MAKE MY ENVIRONMENT SAFER:

Ask Raj to look after the things i could harm myself with. Go to my safe places. Leave where I dont feel safe. Tell a member of staff

## WEBSITES, CHARITIES, SERVICES THAT CAN SUPPORT ME

*Include phone numbers/ web addresses etc*

Hub of Hope because they have lots of different services for me. I have the app already.

**If you are not able to stay safe go to A&E or call 999**

# MY STAYING SAFE PLAN

24/7 services that can support someone to stay safe

## CALL Samaritans

**Service:** 24 hr service offering a listening ear and emotional support for people who are experiencing feelings of distress or despair, or are lonely.

**Helpline:** 116 123

## TEXT Shout

**Service:** *Mental Health Innovations* confidential 24/7 text service offering support if you are struggling. The text messages are silent; meaning that it is discreet.

**Text:** Text SHOUT to 85258

If you are a young person text YM to 85258

## VISIT Hub of Hope

**Service:** The *Hub of Hope* is the UK's leading mental health support database. It is provided by national mental health charity, *Chasing the Stigma*, and brings local, national, peer, community, charity, private and NHS mental health support and services together in one place for the first time.

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