

**My name:**

**My reasons for living/hope are:** For example, people, pets, hobbies, special interests, hopes and beliefs.

**1. What are my warning signs that I'm heading for a suicidal/mental health crisis?** For example, thoughts, behaviours or situations - Isolating myself, arguing with a loved one, feelings of hopelessness, sleeping excessively or being unable to sleep.

**2. What works to help me cope with how I feel?** For example, distraction or relaxation – exercise, watching TV/YouTube, breathing exercise.

**3. Which people and places help to distract me from the way I feel?** For example, friend (name and phone number), library, coffee shop, park: be specific about what and where.

**4. Who can help me when I feel I'm in a crisis?** For example, if I was to say how I feel, who would I want to help – mum/partner/friend: be specific and add numbers.

**5. Which professionals and agencies can help me when I feel I'm in crisis?** For example, any healthcare professionals involved in my care, Samaritans, crisis text or phone line: list names and numbers.

**6. How can I make my environment safer.** For example, give my medication/tablets to a friend for safekeeping, remove things I might use to harm myself from my home.

**What will help me get through right now:** For example, photo of special person/pet/place, breathing exercise, remind myself my intense feelings won't last.

**Useful contacts for me** (tick the box next to the ones most suitable)

- Medical Emergency:** This is for when someone is seriously ill or injured and their life is at risk.  
t: **999**
- NHS helpline:** This is for when you need medical help fast but it's not an emergency.  
t: **111**
- 24/7 NHS Mental health response line:** For support and advice.  
Call free any time, day or night if you are worried about your own or someone else's mental health. The team behind our 24/7 open access telephone response line will listen to you and determine how best to help.  
t: **0800 038 5300 (free)** 24 hours a day
- Samaritans:** Emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide.  
t: **116 123** 24 hours a day e: [jo@samaritans.org](mailto:jo@samaritans.org)
- Shout:** 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help.  
Text: **85258**
- Papyrus Hopeline UK:** For people under the age of 35 experiencing thoughts of suicide, or anyone concerned that a young person could be thinking about suicide.  
t: **0800 068 4141** e: [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)
- CALM Campaign Against Living Miserably:** For men who are down or who need to talk, find information and support.  
t: **0800 58 58 58** 5pm - midnight every day or webchat at [www.thecalmzone.net](http://www.thecalmzone.net)
- Childline:** Free, private and confidential service for anyone under 19 where you can talk about anything. Whatever your worry, whenever you need help, anytime.  
t: **0800 1111** email or chat via [www.childline.org.uk](http://www.childline.org.uk)
- SANeline:** Helpline offering specialist emotional support, guidance and information to anyone affected by mental illness, including family, friends and carers.  
t: **0300 304 7000** 4.30pm - 10.30pm daily
- Switchboard LGBT+ helpline:** Switchboard provides a one-stop listening service for LGBT+ people on the phone by email and through Instant Messaging.  
t: **0300 330 0630** e: [chris@switchboard.lgbt](mailto:chris@switchboard.lgbt) webchat at [www.switchboard.lgbt](http://www.switchboard.lgbt) 10am - 10pm daily
- Silverline:** Free confidential helpline providing information, friendship and advice for older people.  
t: **0800 470 80 90** 24 hours a day
- Valued Lives:** Supports people who are experiencing mental or emotional distress.  
t: **01209 901438** 5.30pm - midnight every day

Videos that help with how and why to make a safety plan can be found at:

[www.youtube.com/watch?v=NIOJlgRBAeg](https://www.youtube.com/watch?v=NIOJlgRBAeg) [www.stayingsafe.net/how\\_to\\_make\\_a\\_safety\\_plan](http://www.stayingsafe.net/how_to_make_a_safety_plan)

**My GP phone number:**

**Others:**

**If I am concerned about how I feel, I will keep myself safe by:**