

Mental Health Safety Planning Support for Children and Young People

A Mental Health Safety Plan is designed to help those who struggle with suicidal thoughts. It may be difficult to think clearly when you're feeling really low, or feel incredibly overwhelming, and it may be difficult to ignore urges to self-harm or suicidal thoughts. Safety plans are best created **when not in crisis**.

By having a safety plan, you're making sure that there are strategies you can use to keep yourself safe and can help you feel more in control when everything feels out of control. Think of your safety plan as your 'mental health first-aid kit'; it includes different things that will help you through a crisis.

For more information about safety plans and to access an interactive or downloadable Safety Plan, go to:

www.cornwall.gov.uk/health-and-social-care/mental-health/mental-health-safety-plans

Online Training on how to make a safety plan

www.MindEd.org.uk

MindEd offers free, completely open access, online education including relevant, practical information about a range of mental health issues in children and young people. **You will need to create a free account in the professionals and volunteers area in order to access the training.**

[MindEd Suicide and Self-harm Prevention > Suicide and Self-harm Prevention, Skills for Schools > Safety Planning](#)

There are two options available to you when viewing this session:

- **Taking the session online as eLearning**
- **Leading workshop-based learning**

The focus of this session is Safety Planning. It is designed to support early and effective intervention in the quest to prevent self-harm and suicide amongst children and young people. You will explore some of the key communication and relational issues. These must be closely attended to in order to co-create effective safety plans. Created Aug 2019.

Optional extra elements of this session include:

- Understanding Self-harm and Suicidal Thinking
- Identifying Self-harm and what to do
- Post suicide bereavement and postvention

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For questions about safety plans, please contact Hannah Clark, Public Health
hannah.clark@cornwall.gov.uk

Please note: We are rolling out the use of a specific safety plan across Cornwall to standardise the use across services and agencies, in order to enhance the user experience. When co-creating a safety plan please either use the template version on the [Cornwall Council website](#) or the version developed by [Papyrus](#) depending on the preference/age/maturity of the child or young person.

Helpful videos:

SUICIDE: how and why to make a suicide safety plan by Pooky Knightsmith
www.youtube.com/watch?v=NIOJlgRBAeg

Making a Safety Plan with Jonny Benjamin www.stayingsafe.net/making_plan_with_jb

Supporting Documents:

[My Mental Health Safety Plan template](#)

[How to Create a Mental Health Safety Plan Guidance](#)

[Self-harm guidance for schools in Cornwall](#)

[It's Safe to Talk About Suicide \(Exeter University\)](#)

Online Training on Suicide Prevention

For adults

Zero Suicide Alliance	www.zerosuicidealliance.com/training
Suicide – Let's Talk The aims of this training are to: enable people to identify when someone is presenting with suicidal thoughts/behaviour, to be able to speak out in a supportive manner, and to empower them to signpost the individual to the correct services or support. Duration: 20 minutes	

Grassroots Real Talk	www.realtalk.film
Real Talk Interactive Film Free interactive film where you choose from multiple choices about which course of action is the most appropriate in the scenario that is played out. Influence the conversation and understand the explanations about the effect your choices might have. Duration: 30 minutes	

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