

# Crisis Safety Plan


A crisis safety plan sets out how you would like to be supported whilst navigating suicidal feelings. This tool will highlight what you can do to help yourself as well as gently remind you of other people or things that can help you.

Spend some time filling in this crisis safety plan and keep it somewhere safe in case you need it in the future. You don't have to fill this in by yourself if you find it overwhelming. If you find it useful, ask someone to help you.



## Why do I want to stay safe?

*E.g. are there animals or people that make me want to stay safe? Do I have hope that these feelings will pass?*



## What do I need to do to reduce the risk of me acting on the suicidal thoughts?

*E.g. do I use alcohol, drugs, or medication to cope and need to put them somewhere away from reach? What can I do to keep myself safe?*



## What have I done in the past that helped?

*E.g. what ways of coping do I have?*



## **What can I do now to help me feel calm and soothe myself?**

*E.g. I could go for a walk, talk to someone, journal or do some exercise.*



## **Who can I call?**

*E.g. a friend or relative, health professional, telephone helpline.*



## **What safe places can I go to?**

*E.g. a friend or relative's house, A&E, a drop in peer-to-peer support group.*



## **If I still feel suicidal and at risk, what can I do?**

*E.g. I can go to the A&E department or if I can't get there safely I will call 999 (or 111).*