

# Plan to keep myself safe

Last updated on \_\_\_\_\_

This plan is to think about how I can best be supported and kept safe when I start to struggle. It thinks about how people (and myself!) can notice when I am starting to struggle, what my triggers might be, and what kind of things might make me more likely to struggle. The plan also thinks about what kind of things might be helpful at each stage – whether it is something that I can do myself or ways in which I like to be supported by other people.

**What are the most important things in my life or in my future? (e.g. my family and friends, becoming a nurse, owning a huskie, becoming a parent, travelling the world)**

**What kind of triggers/things make me struggle? Is there anything I or others can do about these triggers?**

**What kind of things can make me more vulnerable to starting to struggle? (e.g. lack of sleep, poor diet, drinking alcohol/taking drugs, isolating myself?) And what can I do to make myself less vulnerable?**

**Things I, or those close to me, need to do to make my environment safe**

**When I am struggling to cope:**



**How can I, or other people, notice if I am starting to struggle?**

**What can I do to help myself when I start to struggle? (e.g., distraction techniques?)**

**What can other people do to support me when I am starting to struggle? (what they can say, and what they can do?)**

**When I feel unable to keep myself safe/when I am in crisis:**



**How can I, or other people, notice if I am really struggling?**

**What can I do to help myself? (e.g., coping strategies, speaking to someone)**

**What can other people do to support me when I am struggling (what they can say, and what they can do)?**

# Who can help me?

## People that provide distraction:

1. Name \_\_\_\_\_ Phone \_\_\_\_\_
2. Name \_\_\_\_\_ Phone \_\_\_\_\_
3. Name \_\_\_\_\_ Phone \_\_\_\_\_

## People who I can ask for help from:

1. Name \_\_\_\_\_ Phone \_\_\_\_\_
2. Name \_\_\_\_\_ Phone \_\_\_\_\_
3. Name \_\_\_\_\_ Phone \_\_\_\_\_

## Professionals/agencies I can contact during a crisis:



PREVENTION  
OF YOUNG SUICIDE  
**0800 0684141**



I can contact my local mental health crisis line 24 hours a day 7 days a week for urgent mental health support:

**North Staffordshire 24/7 Crisis Care Centre: 0300 123 0907 and select Option 1**

**South Staffordshire 24/7 Urgent Mental Health Service: 0808 1963002**

**If you feel there is a significant and immediate risk of significant harm to yourself or anyone else— attend your local A & E or call 999**

## Action for Children

Telephone: 01782 977 877

Team Email:

[Staffordshireewb@actionforchildren.org.uk](mailto:Staffordshireewb@actionforchildren.org.uk)

Website: <https://www.staffordshire-ewb.actionforchildren.org.uk>

Update every time there is a significant event or as clinically indicated. If there is no change to the risk assessment or care plan, write: 'no change to risk to self and no change to safety plan' in progress notes.