

SAFETY PLAN

Step 1

Warning signs

Step 2

How can I make my environment safer?

Step 3

Coping Strategies I know and can use

Step 4

What can be used as a distraction?

Step 5

People I can trust and talk to

Name:
Number:

Name:
Number:

Name:
Number:

Name:
Number:

Step 6

Professional Contacts

To get medical support with your mental health, please call:

- NHS **111**
- Hertfordshire Single Point of Access (SPA): **0800 6444 101**

To speak with someone through a helpline, please call:

- Samaritans: **116 123**
- Childline: **0800 1111**
- Papyrus HOPEline: **0800 068 4141**
- Shout Texting Service: **85258**

SAFETY PLAN

STEADY STEPS FOR RIGHT NOW

Step 1

What made me feel this way?

Step 2

What am I feeling in my body right now?

Step 3

Who can I talk to?

Step 4

What would calm me
down right now?

Step 5

What coping strategies
could I use?

Step 6

What could I do to
keep myself safe right
now

SAFETY PLAN

STEADY STEPS FOR RIGHT NOW

Step 7

What is one thing important to me and worth living for right now?

Step 8

If someone I love was feeling like this, what would I say to them?

Step 9

What positive affirmations could I say to myself?

Step 10

Make a list of things that could distract me or make me feel better