

Safety Plan

Step 1: Know when to get help.

What are the warning signs that you are starting to struggle with your problem? These can include thoughts, feelings and behaviours.

Step 2: Coping Skills

What can you do by yourself to take your mind off the problem? What might stop you using these coping skills?

Step 3: Social Support

If you feel you are unable to deal with your distress alone, contact a trusted family member or friend. Try and list several people in case your first choice is not available.

Name	Contact Information

Step 4: Seek help from professionals

If the problem persists and, or you are having suicidal thoughts reach out to a professional support system.

You can also google "crisis team" in your own area.

Local Emergency Crisis Resolution and treatment team number (google local crisis team as they may be different for each area)	
Samaritans	116 123
Your own GP	

If you have internet access, you can also google local professional services (depending what you need i.e.: Domestic Violence/Abuse, Anxiety and Depression, eating disorders etc) to get information from their websites and/or their contact information.