

MY SAFETY PLAN

When thoughts and feelings are overwhelming it can feel like there is not much hope. It's important to recognise that this may just be a temporary state of mind. These thoughts and feelings can change, it doesn't mean you will feel like this forever. **STAYING SAFE** is the number 1 priority. This plan is to get you through challenging times, helping you to work out helpful coping strategies and seek support to make you feel better.

ICB Mental Health Wellbeing Hub provides help and support for everyone who lives within Kent and Medway.

www.kmhealthandcare.uk/mental-wellbeing-information-hub/children-and-young-people



My Warning Signs

What will I, and the people around me, notice when I am struggling?

What do I do when I'm feeling upset and worried about my safety? How might I act differently? How might I think and feel differently when I am down? What do I and other people need to look out for? E.g. changes in eating/sleeping, spending more time alone, not focusing on positive things

What can make me feel worse?

What things that can trigger my upsetting thoughts and feelings? E.g. certain places, people or situations

My Environment

What can I do to make my environment safer?

What can I do to make it harder to reach things that I may use to harm myself? For example: sharp objects, alcohol, drugs, or medication that could harm me

My Safety

Who else can help? Who could I reach out to for help?

Is there a person I trust or a service that has helped me in the past? For example, a trusted adult, helplines or emergency contacts.

What can I do now to keep myself safe?

What has worked in the past? Is there anywhere I can go or someone I can talk to that will make me feel calmer and relaxed? For example, playing a videogame, listening to music, exercising, going for a nature walk with someone or texting a friend.

My Strengths

What are my strengths that I can use to keep myself safe?

Am I caring, creative and compassionate? What would I say to someone I care about in this situation that I can say to myself? What are my cultural values and beliefs that I can use to inspire me?

Next steps

Now that I have completed my safety plan, what do I need to do next?

E.g. putting this plan somewhere I can find it when I need it (e.g. on my phone, bedside table, on the fridge), activities to do in the next 24 hours (if you're not sure, maybe start with the easiest thing from this safety plan)

Completed by (your name):

Signature:

Date: