

Self-Harm Safety Plan

Fill this out with someone you trust and who can help you with your answers.
Remember: these feelings will pass. You got this. Keep going!

What are the warning signs or feelings that I might self-harm? Are there any physical or mental things that you're going through?

I feel flustered in my cheeks and I get dizzy. I feel angry, and out of control.

Is there anything I can do right now to keep myself safe? Can you distract yourself, throw away your blades or ask for help?

I could run myself a bath so I'm not near what I use to self-harm. I could speak to my Mum and tell her I'm feeling rubbish.

What coping strategies would I like to try now? This could be something that has helped before, or something new you want to try. It could be doing some exercise, drawing or colouring, writing down your feelings, taking a nap, listening to music, tidying your room to keep your mind busy - whatever works for you.

I'd like to try making a collage, or putting together a playlist of songs that make me feel good. I want to walk my dog and play with her - it always cheers me up.

If my best friend was feeling like this, what would I say to them? Try and apply it to yourself now. Think of something positive you can tell yourself right now ("This feeling won't last forever" "I've survived 100% of my bad days so far" "I can get through this")

I would say its OK to feel sad, but you deserve to be happy and you have to look after yourself. I'll try to say this to myself too.

What would calm me down right now, or be helpful?

Talking to someone who cares about me, focus on my breathing. Look at this safety plan and do the things I've written here.

What is one thing that's important to me, and worth living for right now?

My dog, my friends, and family. Things I'm looking forward to like a gig next year.

Who can I speak to and ask for help right now? Who can I call that will be able to distract me?

Friend: *My best friend Jo*

Teacher: *My head of year*

Family member: *My brother*

Helpline: *Samaritans*

Where is my safe place I can go to in an emergency? How can I safely get there? What do I need to take with me?
(Phone, medication, etc.)

My Aunt's house. I can walk there as it's quite close. I need to take my phone and my charger and my inhalers with me.