

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!

<p>What are the warning signs or feelings that I might self-harm? Are there any physical or mental things that you're going through?</p>				
<p>Is there anything I can do right now to keep myself safe? Can you distract yourself, throw away your blades or ask for help?</p>				
<p>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.</p>				
<p>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")</p>				
<p>What would calm me down right now, or be helpful?</p>				
<p>What is one thing that's important to me, and worth living for right now?</p>				
<p>Who can I speak to and ask for help right now? Who can I call that will be able to distract me?</p> <table><tr><td>Friend:</td><td>Teacher:</td></tr><tr><td>Family member:</td><td>Helpline:</td></tr></table>	Friend:	Teacher:	Family member:	Helpline:
Friend:	Teacher:			
Family member:	Helpline:			
<p>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.)</p>				