

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 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 your 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've got this - I can get through this")*

I would say it's OK to feel sad, but you deserve to be happy and you have to look after yourself. I'll try 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. To look at this safety plan and do the things I've written here.

**What is one thing that is 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 or NSPCC

**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.