

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?*

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

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.*

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")*

What would calm me down right now or be helpful?

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

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

Friend:

Teacher:

Family member:

Helpline:

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.)*