



**HOPELINEUK**

Call: **0800 068 4141**

Text: **07786 209 697**

Email: **pat@papyrus-uk.org**

Opening hours:

10am - 10pm weekdays

2pm - 10pm weekends

2pm - 10pm bank holidays

Our Suicide Prevention Advisers  
are ready to support you.

Registered charity number: 1070896

# SUICIDE SAFETY PLAN





**What might make it harder for me to stay safe right now and what can I do about this?**

Do I use any drugs, alcohol or medication to cope?  
These can make it harder to stay safe if they make me more impulsive or make my mood lower:  
What can I do to make this safer?

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If I have acted on thoughts of suicide before, what made it harder to stay safe that I might need to consider while staying safe today?

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Do I have any mental health concerns or symptoms that make it harder to stay safe? How can I help with these?

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**What can I do right now that will keep me safe?**

What coping strategies can I use? What has worked in the past? Is there anywhere I can go that will feel safe?

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### What strengths do I have that I can use to keep myself safe?

What strengths do I have as a person and how might this keep me safe? What do people who care about me say about this? Am I creative? Determined? Caring? Do I have faith or any positive statements I use for inspiration? How can I use this in my plan to stay safe right now?

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### Long-term support plan:

After staying safe-for-now from suicide, what longer-term support do I want? How might I access this? What do I need to change for my thoughts of suicide to change? Where might I start to get any help with this?

#### • Talk to my GP

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### Who can I reach out to for help?

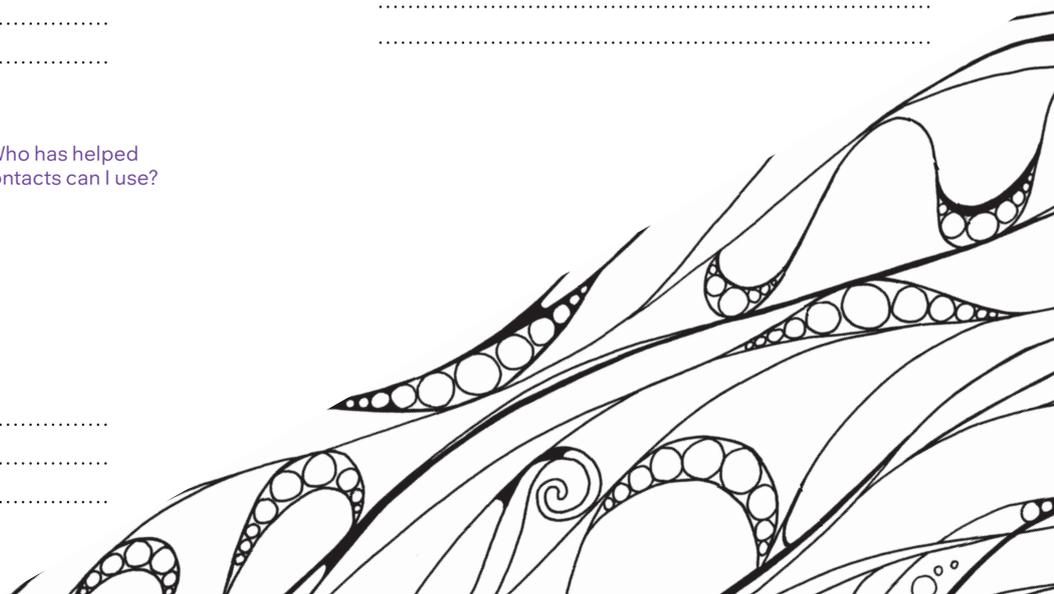
If I can't stay safe, who is available to help me? Who has helped me in the past? What helplines or emergency contacts can I use?

- 101 for non-emergency support
- 999 for emergency support
- NHS 111 for medical advice
- HOPELINEUK (0800 068 4141)

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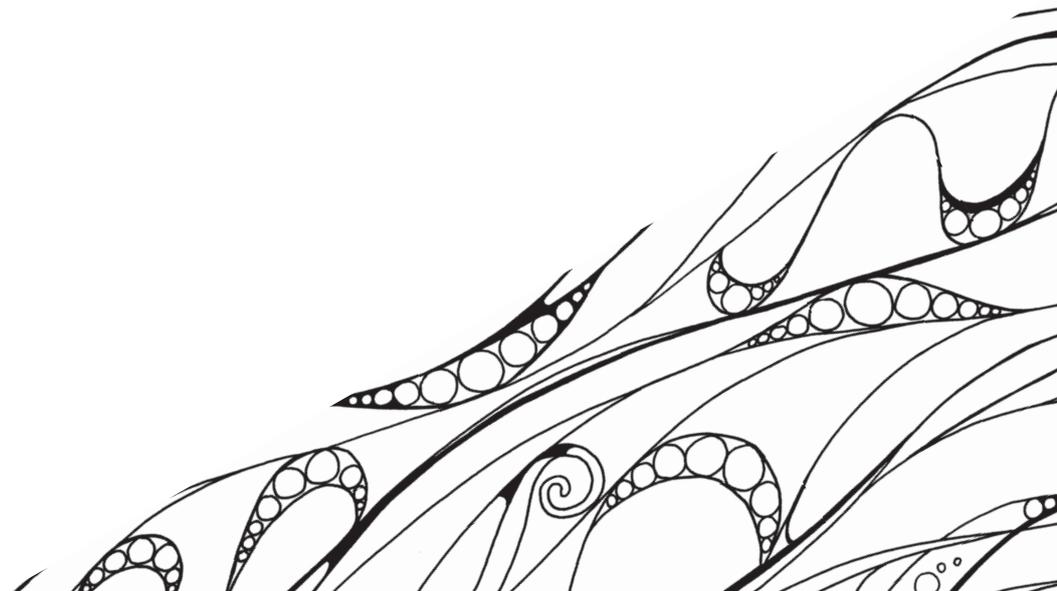
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Use this space to express your thoughts.





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