

My Safety Plan

My self-harm is often triggered by

I know I'm at risk of self-harming when I feel

When I feel like this I will try...

Coping skills I can use

I will reach out to...

Name

Name

Name

I can get help online from

text **SHOUT** to **85258**

<https://www.samaritans.org/?nation=scotland> **116 123**

<https://www.themix.org.uk/get-support/speak-to-our-team>