

“ My Safety Plan ”

“ I know I'm at risk of self harming when I feel ”

“ My self harm is often triggered by ”

When I feel like this I will try...

Distractions are good here

This feeling will pass, I can do this..

“ ”

“ ”

“ ”

Coping strategies I can use



“ I will reach out to ”

Name _____

Name _____

I can get help online from

text **SHOUT** to 85258

www.samaritans.org/?nation=scotland 116 123

www.themix.org.uk/get-support/speak-to-our-team