

# “My Safety Plan”

**My self harm is often triggered by:**

.....

**I know I'm at risk of self harming when I feel (or do):**

.....

**When I feel like this I will try (distractions are good here):**

.....

**Coping strategies I can use:**

.....

**I will reach out to:**

Name ..... Name .....

Name ..... Name .....

**I can get help online from:**

text **SHOUT** to **85258**  
[www.samaritans.org/?nation=scotland](http://www.samaritans.org/?nation=scotland) **116 123**  
[www.themix.org.uk/get-support/speak-to-our-team](http://www.themix.org.uk/get-support/speak-to-our-team)

*“This feeling will pass, I can do this!”*