



## Stay safe when you're feeling suicidal

A safety plan is a tool for helping someone navigate suicidal feelings and urges. Fill in the questions below and keep this plan to remind yourself of things you can do to stay safe if you're thinking about harming yourself.

Try to complete this when you're OK, so it's ready if you need it when you're not.

If you're going through a tough time, you can contact Samaritans anytime:  
Call free on 116 123 or visit our [Samaritans' website](#) for more ways to get in touch.

### People who can help

Save details of people who can help if you find yourself really struggling to cope.

Name	Contact details
Enter name here	Enter contact details here
Enter name here	Enter contact details here
Enter name here	Enter contact details here

### Things that give me hope

Here you can record things that give you hope. These could be things you love, that you look forward to, or anything else that you find uplifting.

<p>The things that give me hope are...</p>
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## My warning signs

Use this space to write down any signs you can recognise that you might be at risk of harming yourself. These could be:

- thoughts and images
- thinking styles (eg, rumination, catastrophising, 'all or nothing' thinking)
- changes in your mood
- feeling ashamed or guilty
- changes in habits or behaviors (eg, sleeping poorly or arguing more with family)
- more frequent or severe impulses to self-harm

My warning signs are...

## Things I can do to keep myself safe

When you're at risk of harming yourself, it's a good idea to make it as hard as possible for yourself to do so. Think about what you could do to make your environment safer. This could include:

- making it harder for yourself to travel by giving your car keys or travelcard to a trusted person
- removing items you have used to harm yourself from your home, or giving them to a trusted person
- asking someone to be with you or check in on you
- going somewhere where there are lots of people or you feel safe

The things I can do to keep myself safe are...

Save this plan somewhere you can easily find it when you need it.  
Visit our website for other [practical ways to help yourself cope](#).