

My Safety Plan



Signs that I am not feeling ok are (e.g. I just want to be on my own, I can't sleep)



Any triggers or patterns in my behaviour that I have noticed? (e.g. crying easily at sad films/videos, not addressing when I feel sad)



What would I say to a friend who was feeling this way?



What can I say to myself to distract myself and help my mood? (e.g. "You've got through this before", "The storm will pass", "Remember that funny story...")



Things to avoid / things I know don't help me: (e.g. Doom scrolling, eating junk food, people who say mean things to me)



Who can I speak to about how I am feeling? (e.g. relatives, friends, people at school or who I know in the community, friends online, pets)



Things I can do to improve my mood/ things I have done before that have helped (e.g. listening to music, playing games, talking to my friends)

People I can seek help from are

A trusted family and/ or friend:

A member of school staff:

My GP:

Text "SHOUT" to 85258 (24 hrs a day)
Call Samaritans: 116 123 (24hrs a day)
Call 999 (24hrs a day)

**If I am very worried, I can go
straight to A&E.**