

# Suicide? Help!



Contacts



About Suicide



Safety Plan



How to Help

[www.suicidehelp.co.uk](http://www.suicidehelp.co.uk)

## Safety Plan Introduction

The Suicide?Help App can be a source of support for someone with thoughts of suicide, or someone who wants to help them, no matter where they are. Research indicates that most suicides take place in the home, and that a person will probably not be known to mental health services – therefore it is important for a person (and/or their helper) to be able to access support in their home environment.

The Suicide?Help App has been developed in Tayside. You can find it in your App Store by searching Suicide?Help or by going to the website <http://www.suicidehelp.co.uk/>. It contains useful contact details, information about suicide, and how to help. It also contains guidance on creating a Safety Plan. This document replicates the Safety Plan guidance and template.

**CRISIS  
SUPPORT**



Emergencies **999** | Samaritans **116 123**  
Breathing Space **0800 83 85 87** | NHS 24 **111**

## Safety Plan Guidance

A safety plan can play a vital role in keeping you safe when you're feeling distressed or suicidal. Your Safety Plan is designed to support you, help you deal with difficult feelings and emotions, and to help you to reach out to others in times of crisis and when you're having thoughts of suicide.

You may find it helpful to work with a professional who can support you to fill out the safety plan. Or you may prefer to complete your safety plan with your partner, friend, family member, or on your own.

If you are able to, try to complete the Safety Plan at a time when you are feeling well and when you have time to fill it out comprehensively. You can think about your answers, find out all the information you need, and be adequately prepared if you enter a crisis period. Knowing you have this plan in place may make you and others in your life feel more confident about having the support you need in a crisis.

Work through the sections, starting with "Warning Signs" and for each section, enter your own personalised response. Everybody is different in terms of the things that they find helpful, so your safety plan will be unique to you and it may only make sense to you – that's ok.

For each section we have included some examples in each text box to help you think about your answers.

If you are using the safety plan on a device, for safety and privacy please make sure your device is password or pin protected at all times.



## Warning Signs

Think about triggers which may lead to you feeling emotionally distressed. Write down thoughts, feelings and images which may suggest that you could be at risk of entering a crisis.

*Insert text in this box, for example: I start to feel stressed, I can't sleep, I have thoughts of suicide.*

## Coping Strategies

Think about what has been helpful to you in the past. Are there things you can do to help comfort yourself and stay calm through this time?

*Insert text in this box, for example: I can write down my thoughts and feelings, I can phone a friend, I can create some art as this helps me relax.*



## Reasons to Live

It's important to remind yourself of the positive things about life and why it's worth staying alive. These reasons will be unique to you.

*Insert text in this box, for example: things that make you happy in your life, things that give your life meaning, reminding yourself that things can change, etc.*

## Supportive People

Think about the people you feel comfortable reaching out to for help, and write down their names and contact details.

*Insert text in this box, for example: names, phone numbers and/or email addresses*



## Places for Distraction

This could mean any place that you can get to easily and that would help you to feel safe and calm. These places will be different for everyone.

*Insert text in this box, for example: a friend's house, crisis centre, art gallery, library or 24-hour supermarket.*

## Reducing Risk

What practical things do I need to do to reduce the risk of me acting on suicidal thoughts?

*Insert text in this box, for example: remove stockpiles of medications, throw away blades, leave the house.*



## Recovery

What do you need to do and what do you want from others as you move towards recovery?

*Insert text in this box, for example: be careful not to do too much too soon, take time in your day for yourself, and avoid stressful situations.*

## Other

Write down any 'other' useful information or notes here

*Insert text in this box, for example: useful resources, contacts, etc*