

My Safety Plan

A Safety Plan helps you recognise your warning signs that a suicidal crisis is beginning or escalating, and the actions you can take to stay safe. This includes ideas such as who to talk to, how to make your environment safer, ways to distract yourself, and support services you can access.

Here is some guidance to help you get the most from your Safety Plan:

- **Staying safe for now**

If you feel unable to complete your own Safety Plan right now, the [Staying Safe for Now](#) page provides some ideas to help you keep safe. You can always come back to complete your Safety Plan later.

- **Making it your own**

While it can be helpful to develop your Safety Plan with someone you trust, it's important that you decide what goes in it, and what works for you. These ideas might change over time so regularly review your plan to keep it up-to-date.

- **Considering an Enhanced Safety Plan**

The Enhanced Safety Plan includes everything in the standard plan, along with four extra questions about communication preferences and sensory needs. These can be especially useful for neurodivergent people, but may also help anyone who wants to personalise their plan further.



Scan to complete
a Safety Plan on
our free Stay
Alive app

**GRASSROOTS
SUICIDE PREVENTION**
prevent-suicide.org.uk

Standard Safety Plan

These are warning signs that I may be struggling:



e.g., not wanting to see anyone; drinking more than usual; feeling stressed at work

- What thoughts, feelings, or behaviours happen before you start to have thoughts of suicide?
- Do you know what may trigger these feelings?

I will calm myself by trying:



e.g., breathing exercises; listening to music; taking a walk; re-framing the situation

- What can you do to distract yourself?
- What has worked for you in the past?

I will go to my safe place:



e.g., home; a friend's house

- Where do you feel the most safe?
- Where can you go to distract yourself from your thoughts of suicide?

If I am struggling, I can talk to:



e.g., friends; family; a neighbour

- Who would you feel able to talk to about how you're feeling?
- Who has helped you in the past?
- Try to think of 3 people to include so you have options.

In a crisis, I will seek help from these professionals or organisations:



e.g., key worker; Samaritans; a counsellor

- You can search and highlight support services in the [Find Help Now](#) section on our free Stay Alive app.
- If you are already receiving support from a professional or organisation, do you know how to contact them in a crisis?

My ideas for staying safe:



e.g., reducing access to alcohol; asking a friend to look after medication

- How can you make it harder to act on any plans you might have for suicide?
- Where can you put things you could use to harm yourself so they are harder to get to if you feel overwhelmed?

Enhanced Safety Plan

How I communicate distress:



e.g., I shut down, I have a meltdown

- What does it look like when you're upset or struggling?
- Are there signs someone can notice, even if you don't say anything?

What stresses me out or makes me unhappy:



e.g., loud noises, being touched, sudden change of plans

- What kinds of things make you feel overwhelmed or distressed?
- Are there patterns that lead to you feeling worse?

How I would like you to communicate with me:



e.g., don't ask me to look you in the eye, speak softly, use visual supports, use plain English

- What helps when someone is speaking to you while you're upset?
- What communication styles should people avoid or try?

Who I would like you to contact:



e.g., a family member, support worker

- If I'm distressed and unable to ask for help, who should you contact?
- Who understands me and knows how to support me?