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**A toolkit to explain what a safety plan is, why it works and how to create one with your Counsellor.**

**When the thoughts of suicide feel too much, using this plan during those time can help.**

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What are my triggers?

What thoughts / feelings or triggers do I have that are my warning signs?

1.

2.

3.

4.

5.

What can I do to distract myself?

What can I do to distract myself, what coping strategies can I use? What has worked in the past? Is there anywhere I can go that will feel safe?

1.

2.

3.

4.

5.

**How can I make my environment safer?**

What would make it harder to act on my plans? Where could I put things that I could use to harm myself so they are harder to get to if I feel overwhelmed?

1.

2.

3.

4.

5.

**Who can I contact?**

Who can I reach out to for help? Who has helped in the past? What helplines or emergency contacts can I use?

1.

2.

3.

4.

5.

**What other resources are available?**

What help do I want now, and what resources can I access? What longer term support do I want? How might I access this?

1.

2.

3.

4.

5.

**If you are feeling suicidal it is really important to tell someone.**

Help and support is available right now if you need it. You don’t have to struggle with difficult feelings alone.

**Samaritans – 116 123**

**Call your GP or call 111 out of hours**

**Talk to someone you trust (a friend, family member)**

**Book a counselling appointment with your Counsellor**

**If you have harmed yourself contact 999 for an ambulance or ask someone to take you to A&E**