

My Safety Plan



My safety plan, for me, because I'm special and I'm worth it

Those who know your name trust in you, Lord.

Psalms 9:10

1. List three people you can call if you are feeling suicidal. These can be friends, family, or any trusted adults

2. When you have felt like this before, what did you do that helped you?

3. What thing make you feel bad? These are things that you should avoid. Things like sad songs, sad photos, sad films etc...

4. Where can you go that you feel safe? (this could be your bedroom, a friend's house, a family member's house)

5. Why are you brilliant? Make a list of 5 reasons you are wonderful. Think about your gifts and talents, think about what you are good at. e.g. *I'm a good friend, I'm a great listener, I'm great at Science, I make fab cookies!*

1.

2.

3.

4.

5.

6. Where can you get extra help if you need it?

Samaritans – they have a helpline – 116 123 (free) or jo@samaritans.org

CALM – support resource for males – 0800 58 58 58 (free) – www.thecalmzone.net

SANE – offer emotional support 0300 304 7000 – www.sane.org.uk

LGBT+ Helpline – 0300 330 0630 – www.switchboard.lgbt

Childline – 0800 1111 (free) – www.childline.org.uk

Ask WESS – askwess@woodchurch-high.wirral.sch.uk

CAMHS Advice line – 488 8453

REMEMBER – YOU WON'T ALWAYS FEEL LIKE THIS

THINGS WILL GET BETTER, DON'T GIVE UP

When you are afraid, put your trust in me

Psalms 56:3

