

## 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

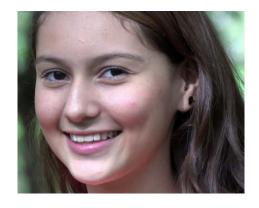
1.	List three people you can call if you are feeling suicidal. These can be friends, family, or any trusted adults
2.	When you have felt like this before, what did you do that helped you?
3.	What thing make you feel bad? These are things that you should avoid. Things like sad songs, sad photos, sad films 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.
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	Where can you get extra help if you need it?
Sama	ritans — they have a helpline — 116 123 (free) or <u>jo@samaritans.org</u>
	CALM – support resource for males – 0800 58 58 58 (free) – <u>www.thecalmzone.net</u>
SANE	– offer emotional support 0300 304 7000 – <u>www.sane.org.uk</u>
_	LGBT+ Helpline – 0300 330 0630 – www.switchboard.lgbt
Childl	ine – 0800 1111 (free) – www.childline.org.uk
	MP - NAMU TITTURET - WWW. CHIMINDE OTA UK

## REMEMBER - YOU WON'T ALWAYS FEEL LIKE THIS THINGS <u>WILL</u> GET BETTER, DON'T GIVE UP

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

When you are afraid, put your trust in me Psalms 56:3





CAMHS Advice line – 488 8453

