



mhl

mental health learning

Suicide Safety Plan

If you are having thoughts of suicide, this plan will help you stay safe from acting on your thoughts of suicide

What this plan can help with

- Times of crisis when thoughts of suicide feel overwhelming
- Keeping you safe from acting on your thoughts of suicide
- Identifying what could put you at risk of suicide
- Identifying what helps you stay safe
- What you should do if you feel unable to stay safe

What this plan cannot help with

- Getting rid of thoughts of suicide
- Long term support

Why do I want to stay safe from acting on my thoughts of suicide?

I have hope things could get better..I know that things will change..I don't want to die..I want to stay alive for my partner/family/friends/pets..

How can I make my environment safe?

I will remove or restrict access to anything that I could use to end my life with..I will get rid of items in my house that could increase my risk of acting on thoughts of suicide - e.g. alcohol/drugs..I will involve others who can help me with these things..

If you feel unable to stay safe from acting on your thoughts of suicide - contact a helpline service, relative or friend or health care professional if one is already supporting you.

If you have already taken steps to end your life contact the emergency services by calling 999

What could put my life at further risk, or make it hard for me to stay safe from suicide?

I will limit my involvement with activities that make me feel worse..I will avoid people that make me feel bad about myself..I will avoid certain locations that I associate with difficult memories..

Who helps me stay safe?

I will speak with helpline services e.g. PAPYRUS, Samaritans, CALM..I will continue to talk with friends/family/neighbours..I will access community/online support groups

What helps me feel better?

I have activities and hobbies that take my mind off my thoughts..I write my thoughts and feelings down..I play music that makes me feel good..