

# MENTAL HEALTH SAFETY PLAN

WHAT ARE MY TRIGGERS? \_\_\_\_\_

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WHAT ARE THE SIGNS THAT MY MOOD OR BEHAVIOUR IS WORSENING? \_\_\_\_\_

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WHAT ARE COMMON CRISIS BEHAVIOURS FOR ME? \_\_\_\_\_

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HELPFUL THINGS TO SAY TO ME DURING A CRISIS \_\_\_\_\_

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THINGS NOT TO SAY TO ME DURING A CRISIS \_\_\_\_\_

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WHAT ARE MY COPING STRATEGIES? \_\_\_\_\_

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HOW CAN I KEEP MYSELF SAFE? \_\_\_\_\_

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WHERE CAN I GO TO FEEL SAFE? \_\_\_\_\_

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WHO WILL I REACH OUT TO FOR SUPPORT? \_\_\_\_\_

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PROFESSIONAL SUPPORT SERVICES TO CONTACT IF NEEDED \_\_\_\_\_

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### MENTAL HEALTH HELPLINES

SAMARITANS 116 123

SHOUT TEXT 'SHOUT' TO 85258

C.A.L.L (WALES) 0800 132 737

CALM WEBCHAT/ WHATSAPP SERVICE

CALM 0800 58 58 58

SANELINE (16+) 0300 304 7000

CHILDLINE 0800 1111

PAPYRUS HOPELINE (UNDER 35'S) 0800 068

4141 OR TEXT 88247

SWITCHBOARD (LGBTQIA+) 0800 0119 100

THE MIX (11-25'S) TEXT 'THEMIX' TO 85258

DON'T FORGET TO CHECK THE SPECIFIC  
INFORMATION FOR EACH HELPLINE BEFORE  
CALLING OR TEXTING TO MAKE SURE THEY  
ARE RIGHT FOR YOU

IF MY LIFE IS AT RISK OR I AM UNABLE TO KEEP MYSELF OR OTHERS SAFE  
CALL 999 OR GO TO A&E

**I WILL GET THROUGH THIS!**