

MENTAL HEALTH SAFETY PLAN

WHAT ARE MY TRIGGERS? _____

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

WHAT ARE COMMON CRISIS BEHAVIOURS FOR ME? _____

HELPFUL THINGS TO SAY TO ME DURING A CRISIS _____

THINGS NOT TO SAY TO ME DURING A CRISIS _____

WHAT ARE MY COPING STRATEGIES? _____

HOW CAN I KEEP MYSELF SAFE? _____

WHERE CAN I GO TO FEEL SAFE? _____

WHO WILL I REACH OUT TO FOR SUPPORT? _____

PROFESSIONAL SUPPORT SERVICES TO CONTACT IF NEEDED _____

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) 0300 102

2470 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!