

SELF HARM SAFETY PLAN

WHAT ARE MY TRIGGERS? _____

WHAT ARE THE SIGNS THAT THE URGE TO SELF HARM IS RISING? _____

HOW CAN I KEEP MYSELF SAFE? _____

HOW CAN OTHERS HELP KEEP ME SAFE? _____

WHAT ARE MY COPING STRATEGIES? _____

WHO WILL I REACH OUT TO FOR SUPPORT? _____

PROFESSIONAL SUPPORT SERVICES TO CONTACT IF NEEDED _____

HOW CAN I REDUCE MY RISK OF HARM? _____

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

FOR FIRST AID GUIDANCE AND ADVICE VISIT:

NHS - WWW.NHS.UK/CONDITIONS/FIRST-AID/

RED CROSS - WWW.REDCROSS.ORG.UK/FIRST-AID

ST JOHN AMBULANCE - WWW.SJA.ORG.UK/GET-ADVICE/

LIFESIGNS - WWW.LIFESIGNS.ORG.UK/FIRST-AID-FOR-SELF-INJURY-AND-SELF-HARM/

OR CALL NHS 111 FOR MEDICAL
ADVICE AND NHS 111 OPTION 2
FOR MENTAL HEALTH SUPPORT

NOTES & POSITIVE REMINDERS _____

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!