

Know my warning signs

This plan supports preparation but does not replace urgent or emergency care. If there is immediate danger, contact local emergency services or go to A&E.

Thoughts, feelings, behaviours or situations that tell me a crisis may be building...

Reasons or anchors that help me stay connected...

Things that have helped me survive before...

Make the environment safer

Ways I can reduce access to anything I might use to harm myself...

A safer place I can go...

People who can stay with me or help with practical safety...

One sentence I can send: "I am not feeling safe and need you to stay with me/help me get support."

What I need others to know...

My support steps

1. Immediate grounding or delay strategy... 2. Trusted person and number... 3. Professional/service and number... 4. Urgent care or emergency step...

Important medical details and address...

Where I will keep this plan and who will have a copy...
