

My personal safety plan

Notice danger • reduce access • connect • get urgent help



If I may act now or cannot keep myself safe

Call 999 or go to A&E now. Ask someone to call or take you if needed. For urgent mental health help call NHS 111. Samaritans: 116 123. Text SHOUT to 85258.

1. My warning signs

What tells me I am becoming less safe? Thoughts, feelings, situations, body changes or behaviours.

2. Make my environment safer

What will I move away from, remove, lock away or ask someone else to secure?

3. Things I can do for the next 10 minutes

Small actions that soothe, ground, distract or help me delay acting.

4. People and places that help

Who can stay with me? Where can I go so I am not alone?

5. People and services I will contact

Trusted person: _____ Phone: _____ Professional / crisis team: _____

NHS 111 for urgent mental health help | Samaritans 116 123 | Text SHOUT to 85258

6. Reasons to pause and words to hold on to

People, animals, hopes, responsibilities, places, values or reminders that can help me stay through this moment.

7. My emergency action

If the risk rises or this plan is not enough, I will call 999 / go to A&E. I will ask _____ to stay with me or help me get there.
