



My commitment to staying safe

A collaborative plan for pausing, connecting and accepting help

If I cannot keep myself safe

If I cannot keep myself safe: call 999 or go to A&E. Urgent mental health help: NHS 111. Samaritans 116 123. Text SHOUT to 85258.

What I am agreeing to do

For the next _____ hours / days, I will pause before acting, use this plan and tell someone if the risk rises.

Changes that can make me safer

People, places, substances, medication, objects or situations I need support to change or secure.

My small achievable steps

One thing today; one connection; one practical action; one gentle routine.

Words that help me stay

Compassionate, believable reminders I can return to when my mind feels narrowed.

What is worth holding on to

People, animals, values, hopes, responsibilities, places or future possibilities.

Skills I will use

Grounding, soothing, distraction, movement, sensory support, eating, drinking or rest.

My connection and emergency steps

I will contact: _____ Phone: _____ Safer place: _____

If this plan is not enough, I will call 999 / go to A&E and ask _____ to help me get there.