

My self-harm diary and safety plan

NOTICE • CARE • CO



Notice patterns without shame and prepare support for difficult moments

Complete this after the intensity has reduced, or with someone you trust. You do not need to record details that feel unsafe or upsetting.

WHAT WAS HAPPENING BEFORE?

Situation, thoughts, feelings, memories, sensory load or other pressures.

WHAT DID I NOTICE?

Emotions, body sensations and the strength of the urge (0-10).

WHAT HELPED, EVEN A LITTLE?

A person, place, delay, distraction, movement, grounding or practical change.

WHAT DO I NEED AFTERWARDS?

Medical care, rest, food, company, reassurance, space or professional support.

WHAT MIGHT I TRY NEXT TIME?

One small step that could make the next difficult moment safer.

MY REASONS TO HOLD ON

People, hopes, values, pets, places, plans or moments I want to return to.

MY SUPPORTERS

Who can I contact and what would I like them to do?

URGENT SUPPORT

NHS 111: choose the mental-health option. Samaritans: 116 123. Shout: text SHOUT to 85258. If you have seriously harmed yourself or may be about to: call 999 or go to A&E.