



My personal safety plan

A step-by-step plan for moments when I feel unsafe

Complete this when you feel able, ideally with a professional or trusted person. Follow the plan one step at a time when distress rises.

1

MY EARLY WARNING SIGNS

Thoughts, feelings, body sensations, urges, situations or changes others may notice.

2

MAKING THIS MOMENT SAFER

What can I move away from, reduce access to or ask someone else to hold?

3

WHAT I CAN TRY FIRST

Grounding, soothing, movement, distraction, sensory support, rest or a familiar routine.

4

PEOPLE AND PLACES THAT HELP

Who can I contact? Where can I go so I am not alone with this?

5

PROFESSIONAL AND URGENT SUPPORT

GP / care team / NHS 111 mental-health option / Samaritans 116 123 / text SHOUT to 85258.

6

MY REASONS TO STAY

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

IF I CANNOT KEEP MYSELF SAFE

Call 999 or go to A&E. If travelling alone is not safe, ask someone to call or take you.