

MY SAFETY SUPPORT PLAN

TODAYS DATE:

WHY DO I NEED A SUPPORT PLAN?

A mental health support plan is a plan that is made *before* a crisis occurs, so you and people in your support system know what to do when you need support with your mental health.

My name is: _____

I like to be called: _____

My date of birth is: _____

My pronouns are: he/him/his she/her/hers they/them/theirs

Other: _____



Other things that are important to me (think about your faith, values and hopes for the future):

Everyone can have tough times in their life. What do you notice when things are becoming difficult for you?

- _____
- _____
- _____
- _____

What is most likely to trigger a difficult time??

- _____
- _____
- _____
- _____





When you are on your own, there are things you can do to distract yourself. What can you do to help yourself (positive coping strategies)? Please try to think of more than one example so you have more than one option to try.

- _____
- _____
- _____
- _____

The support of other people and social contact with others is also important. What helps you build connection with others? What activities do you like to do with other people? Please try to think of more than one example so you have more than one option to try.



- _____
- _____
- _____
- _____

Having access to a safe environment will support you to keep yourself safe. What do you need when you are at home, school/college, or in your local environment so that you are supported to keep safe?. (for example, removing items you might use to hurt yourself)



- _____
- _____
- _____
- _____

Our physical health is important too, and we are more able to make positive decisions about our safety when we are fit and well. What helps keep you well? Is there anything do you do regularly, that makes you feel better?

- _____
- _____
- _____
- _____



MY CONTACTS

Having the support of other people is really important, especially when we are struggling. Can you think of any friends or family you can call when you need support? Please try to think of more than one example so you have more than one option.



Name	Telephone number	Do they know you might call them?	Are you going to give them a copy of this plan?

What can they do to help you? What do they need to know about the help you need?

- _____
- _____
- _____
- _____

There are Professionals who can help you when you are worried about acting on thoughts of hurting yourself. Outside of your friends and family, who can you contact if you are struggling? Please try to think of more than one example so you have more than one option.



Name	Telephone number	Do they know you might call?

What can they do to help you? What do they need to know about the help you need?

- _____
- _____
- _____
- _____

USEFUL WEBSITES & SERVICES

There are a range of websites that provide information, advice, links and even counselling to support you with your mental health. Some of these include:

	<p>The Stay Alive app is a suicide prevention app packed full of useful information and tools to help you stay safe in crisis. This app is free.</p>	
	<p>The award-winning distrACT app provides trusted information and links to support for people who self-harm and may feel suicidal. This app is free.</p>	
	<p>The Calm Harm app provides some immediate activities and techniques to help you break the cycle of self-harm. This app is free.</p>	
	<p>If you are having thoughts of suicide or are concerned for a young person who might be, you can contact HOPELINEUK for confidential support.</p>	
	<p>When life is difficult, Samaritans are here - day or night, 365 days a year. You can call them for free on 116 123</p>	
	<p>Feeling worried or low? Need to talk? Text 'SHOUT' to 85258 for free and confidential support, 24/7. This will not show up on your phone bill.</p>	
	<p>Kooth is a digital mental health service. Their website has a free online counselling service for young people and has many useful articles and forums you can read.</p>	
	<p>Anyone needing mental health support for themselves or others can call the Mental Health Central Access Point on 0808 800 3302, 24 hours a day, seven days a week.</p>	



For more advice about mental health support for young people in Leicester, Leicestershire and Rutland, scan the QR code.