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 supp ort 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):

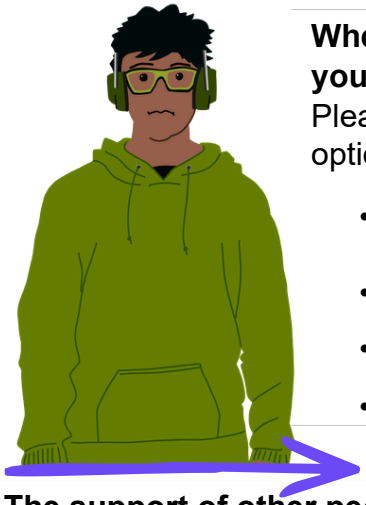
Everyone can have tough times in their life. What do you notice when things are becoming difficult for you?

- _____
- _____
- _____
- _____



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:

Health for Teens is an online service provided by the NHS that covers large areas of health and wellbeing and an area of the website **specifically for CAMHS Leicester.**
https://bit.ly/CAMHSLeicester

Tellmi allows an online safe and anonymous space for young people to discuss their feelings, seek support and receive free 1:1 counselling.
www.tellmi.help/what-is-tellmi

Togetherness offers a range of accessible learning pathways to help everyone understand more about brain development and emotional wellbeing. Please use the access code: CURVE or provide your postcode.
https://togetherness.co.uk/

Feeling worried or low? Need to talk? Text SHOUT to 85258 for free and confidential support, 24/7. Texting the word 'SHOUT' to 85258 is anonymous and will not show up on your phone bill.
www.giveusashout.org

If your issues are directly related to autism, you can ask advice from Chat Autism by texting 07312 277097. This is free.
https://chathealth.nhs.uk/

If you need someone to talk to, you can call the Samaritans on 116 123 for free, many time, day or night. You can also speak to them online via a chat.
www.samaritans.org

If you need **urgent mental health support**, 24/7 support is available over the phone. **Call NHS 111**, selecting mental health crisis option 2. This number is open 24 hours a day and is totally free and confidential. You can also **text 0748 063 5199** and we will aim to get back to you within 12 hours. If there is an immediate threat to life, dial 999. If you are deaf and have urgent mental health needs, you can use the NHS 111 British Sign Language service: **www.signvideo.co.uk/nhs111** Please note the NHS 111 line is not an emergency service.
https://111.nhs.uk/

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