

SUICIDE SAFETY PLAN



PAPYRUS
PREVENTION OF YOUNG SUICIDE



When thoughts of suicide are overwhelming, staying safe for even short periods of time takes a great deal of strength. This plan is to use during those crisis times.

It isn't a plan of how to rid yourself of thoughts of suicide. This plan looks at staying safe for now so that you still have the chance to get through the moment and access long-term support. Thoughts and feelings can change, it doesn't mean you will feel like this forever.

Let's concentrate on what you can do right now to give your thoughts and feelings the opportunity to change.

Why do I want to stay safe?

What are the reasons I don't want to die today?
Are there people or animals that make me want to stay safe?
Do I have hope that things might change? Am I afraid of dying? Do I want to stay alive just for right now?

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Making my environment safer:

Whilst I am focusing on safety, how can I make it harder to act on any plans I might have for suicide? Where can I put things I could use to harm myself so they are harder to get to if I get overwhelmed?

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This doesn't mean having to get rid of them forever. It is because I am looking at staying safe right now, and if these things make it harder for me to do this, I want to make it harder to use them. This will give me time to connect to that part of me that doesn't want to die.





What might make it harder for me to stay safe right now and what can I do about this?

Do I use any drugs, alcohol or medication to cope?
These can make it harder to stay safe if they make me more impulsive or make my mood lower:
What can I do to make this safer?

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If I have acted on thoughts of suicide before, what made it harder to stay safe that I might need to consider while staying safe today?

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Do I have any mental health concerns or symptoms that make it harder to stay safe? How can I help with these?

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What can I do right now that will keep me safe?

What coping strategies can I use? What has worked in the past? Is there anywhere I can go that will feel safe?

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What strengths do I have that I can use to keep myself safe?

What strengths do I have as a person and how might this keep me safe? What do people who care about me say about this? Am I creative? Determined? Caring? Do I have faith or any positive statements I use for inspiration? How can I use this in my plan to stay safe right now?

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Who can I reach out to for help?

If I can't stay safe, who is available to help me? Who has helped me in the past? What helplines or emergency contacts can I use?

- 101 for non-emergency support
- 999 for emergency support
- NHS 111 for medical advice
- HOPELINEUK (0800 068 4141)

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Long-term support plan:

After staying safe-for-now from suicide, what longer-term support do I want? How might I access this? What do I need to change for my thoughts of suicide to change? Where might I start to get any help with this?

- **Talk to my GP**

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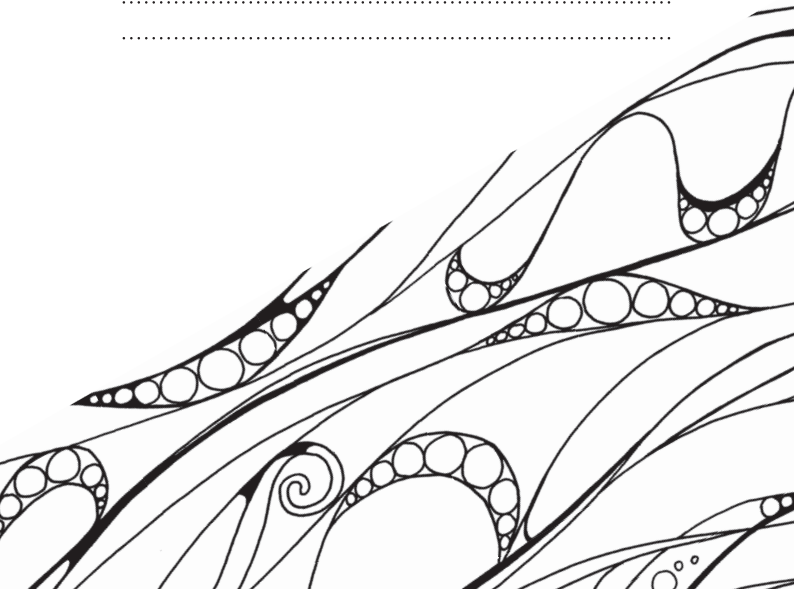
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Use this space to express your thoughts.







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HOPELINEUK

Call: **0800 068 4141**

Text: **07860 039 967**

Email: **pat@papyrus-uk.org**

Open every day **9am - midnight**

www.papyrus-uk.org

Our Suicide Prevention Advisers are ready to support you.



Registered charity number: 1070896