



# MY SAFE PLAN

[www.theolliefoundation.org](http://www.theolliefoundation.org)



# HELLO

We understand that your well-being is important to you. You can use this **Safe Plan** to record what you can do for yourself should your well-being deteriorate.

You can use this friendly guide to limit and avoid self harming behaviours or to support yourself until you find professional help.



# STAYING SAFE

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Staying safe today means reassuring myself that:

- I want to stay safe today.
- It's the situation I really want to end, not my life.
- I want to give my thoughts and feelings an opportunity to change.
- If I am on medication I will give it a chance to work for me, but I also know I can speak with my GP and change it.
- If I am on medication that doesn't work for me there may be others that suit me better.
- There are people in my life who want me to be safe.
- There are people in my life that I love.
- There are animals in my life that I love.
- There are people that can give me hope that things can change.
- There are people (and animals) I have not yet met who are going to bring so much love and joy into my life.

# MY PROMPTS TO STAY SAFE

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First things first, this is what I am like when I am well...

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What are the warning signs that can help me recognise I may be heading towards an episode of suicidal/mental health crisis? For example, thoughts; behaviours or situations; isolating myself; arguing with a loved one; feelings of hopelessness; sleeping excessively or being unable to sleep.

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What has worked before that might help me cope with how I feel now? For example, distraction or relaxation? Things like the gym, cycling, going for a walk, watching TV / YouTube, reading or breathing exercises.

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# MY PROMPTS TO STAY SAFE

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Which places help to distract me from the way I feel? Library, coffee shop, park: be specific about what and where.

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How can I make my environment safer? For example, give my medication/tablets to a friend for safekeeping, remove things I might use to harm myself from my home.

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What will help me get through right now? For example, photo of special person/pet/place, breathing exercise, remind myself my intense feelings won't last.

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# MY DISTRACTIONS AND MY SAFETY



## MY DISTRACTIONS

If I am having distressing thoughts, or I feel like I cannot cope, I will do the following to distract myself (eg: walk, watch TV, see a friend, read, etc.)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

## MY SAFETY

If I don't feel safe now and I feel that I am at risk, I could get myself into a safer situation by:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

# MY SAFETY SUPPORT



## PEOPLE WHO WILL HELP ME

If I am unable to stay safe for now alone, I can call these people for help. They will be there for me.

1.

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2.

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3.

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4.

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5.

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# MY CONTACTS



Name \_\_\_\_\_

Contact number \_\_\_\_\_

Why I have chosen this person \_\_\_\_\_

\_\_\_\_\_

Name \_\_\_\_\_

Contact number \_\_\_\_\_

Why I have chosen this person \_\_\_\_\_

\_\_\_\_\_

Name \_\_\_\_\_

Contact number \_\_\_\_\_

Why I have chosen this person \_\_\_\_\_

\_\_\_\_\_

Name \_\_\_\_\_

Contact number \_\_\_\_\_

Why I have chosen this person \_\_\_\_\_

\_\_\_\_\_

**Always remember, that if you don't feel you can keep yourself safe, call 999 immediately**

# MY OWN STAY-SAFE RULES



## WHAT I CAN DO...

My thoughts may have subsided, but it is important to look after myself. I will do this by:

1.

2.

3.

4.

5.

# MY REASONS FOR LIVING



I will refer to this when I am feeling overwhelmed and when I am feeling hopeful.

**Thoughts pass and the thoughts I am having right now will pass too, so I am willing to press pause on taking actions that would cause me harm.**

**I will keep myself safe for now by following my plan, reaching out for help and reminding myself of all the things I want to live for.**

These are my reasons for living through this difficult time:

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**Remember...** You have not yet met all the people and animals who are going to love you and bring you joy!

# MY GP AND SERVICE PROVIDER CONTACTS



I can ring these numbers for advice and support. I understand how important this is to do should my mood deteriorate.

	Name of organisation and website	Opening times	Telephone	Text
Mon – Fri In hours				
Mon – Fri Out of hours				
Weekends and Bank Holidays				
In an emergency				
Would like to use digital mood tracker				

# HELPLINES AND APPS



I can contact the following for help and support at any time, especially if my mood deteriorates whilst using medication.

## NHS 111 option 2

### Call NHS 111 and press 2.

This is a self-refer service and provides a single point of contact for anyone facing a mental health crisis. It will give you access to care 24/7.

## Single Point of Access (SPA)

Search online to find your local SPA telephone number. It will put you in contact with the Mental Health Helpline Team. They can provide help 24/7 if you are experiencing a mental health crisis, needing direct support or just someone to talk with.

## Helplines

If you don't feel you know anyone that you would want to speak to, please know there are lovely people who are literally sitting by a phone right now waiting to speak with you, listen to you and be there for you:

### Befrienders World-Wide

[www.help.befrienders.org](http://www.help.befrienders.org)

### Papyrus Hopeline247

Call 0800 068 4141

### Samaritans

Call 116 123

### Shout

Text the word 'SHOUT' to 85258 to start a conversation.

## Apps

These apps provide a Safe Plan on your phone:

### Stay Alive App

[www.stayalive.app](http://www.stayalive.app)

### Better Stop Suicide

[www.thebetterappcompany.com/better\\_stop\\_suicide](http://www.thebetterappcompany.com/better_stop_suicide)

## Web chat

### Calm

<https://www.thecalmzone.net/>

**Always remember, that if you don't feel you can keep yourself safe, call 999 immediately**

# MY NOTES

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# MY NOTES

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# REMEMBER...

If your distractions have not been effective, choose someone from your contact list or emergency contact list and tell them how you are feeling, especially if you are having thoughts of suicide.

**If you don't feel you can keep yourself safe, always call 999.**



[www.theolliefoundation.org](http://www.theolliefoundation.org)

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