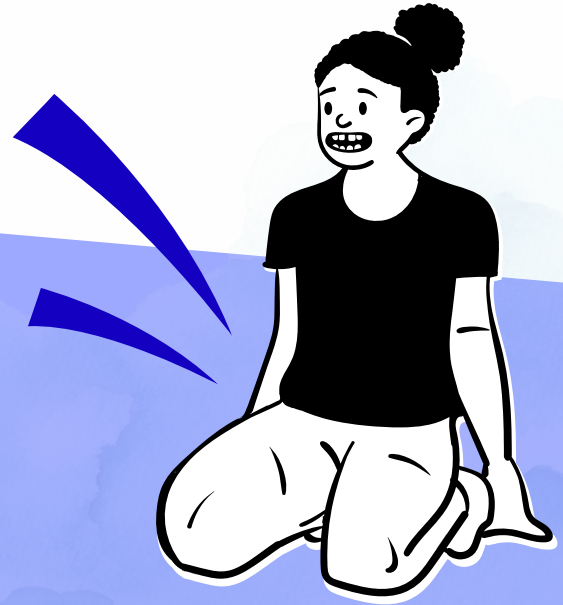




t: 0300 330 0648

e: YPS@mind-blmk.org.uk



My Safety Plan

This plan is designed to keep me safe and remind me of the things I can do, places I can go or people I can talk to when I don't feel OK.




mind
BLMK



If you are in an emergency, please call
999 or go to A&E immediately.

Charity No. 1068724

I have written this plan with:

I can share it with:

If I need to speak to someone about my plan, I can contact:

Things that trigger feelings of overwhelm and emotional distress:

Things I should and can avoid when I feel low, worried or unsafe because they make me feel worse:



**If you are in an emergency, please call
999 or go to A&E immediately**



East London
NHS Foundation Trust

What would I say to a friend who was feeling this way?

Things that I can do to help me feel better or distract me when I feel low, worried or unsafe:



Who would you call if you are in a time of distress/overwhelm and/or crisis?

When I am at home or out by myself...

When I am at school/college...

When I am at work...



**If you are in an emergency, please call
999 or go to A&E immediately**



East London
NHS Foundation Trust

I can go:

If you feel you're in crisis STOP, TAKE A BREATH and take these steps:

- Talk to someone
- Remove yourself from dangerous situations
- (throw away or get away from any blades, drugs, alcohol, or triggering places/people)
- Go to the Young Persons Sanctuary/let a trusted adult know you do not feel safe or are struggling (a parent/carer, teacher or professional)
- Call or text a free confidential helpline available 24 hours a day 7 days a week
 - a. Samaritans Phone 116 123 SHOUT
 - b. Text REFLECT to 85258

If you are unable to get to your local YPS, or carry out your safety plan, please contact a crisis service or mental health helpline below.

Phone lines:

- Samaritans 116 123
- Childline 0800 1111
- Papyrus/ Hopeline UK 0800 068 4141
- 111 Option 2 (NHS First Response Service)
- The Mix 0808 808 4994



**If you are in an emergency, please call
999 or go to A&E immediately**

NHS

East London
NHS Foundation Trust

Messaging services:

- REFLECT Text REFLECT to 85258
- YoungMinds crisis messenger Text YM to 85258



Websites:

- e-wellbeing.co.uk
- papyrus-uk.org
- harmless.org.uk
- lifesigns.org.uk
- thecalmzone.net
- <https://www.childline.org.uk/get-support/1-2-1-counsellor-chat/>
- themix.org.uk



Free apps:

- Stay Alive
- Calm Harm
- Mind Shift
- distract

