**Self-Harm Safety Plan**

This plan is for you to use when you are feeling overwhelmed by negative or upsetting thoughts or feelings. You can use this if you are having thoughts about harming yourself.

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| My triggers or warning signs: |
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| What things have helped me cope or kept me safe in the past? |
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| What strategies can I use right now? |
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| Who can help me and how (This could be a member of your family, a teacher or a friend) |
|  |
| My safety contacts: |
|  |

If you need this information in another language or format, please contact us to discuss how we can best meet your needs.

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