**My Safety Plan**

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

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. The thoughts and feelings can change: it doesn’t mean you will feel like this forever.

This plan will concentrate on what you can do right now to give your thoughts and feelings the opportunity to change.

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| **Why do I want to stay safe?**  What are the reasons I don’t want to die today? Are there people or pets that make me want to stay alive? Do I have hope that things might change? |
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| **Making my environment safer:**  Whilst focussing on safety, how can I make it harder to act on any plans I might have for suicide? |
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| **What might make it harder for me to stay safe right now and what can I do about this?**  Do I use 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 myself safe? |
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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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**My Safety Plan (cont.)**

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