

Safety Plan

To be used when you are feeling distressed

People I can contact

Organisations below provide support over the phone in times of crisis	Telephone Numbers and Websites:
The Samaritans	116 123 (Calls are Free) Open 24 hours, 365 days a year. Email: jo@samaritans.org www.samaritans.org
Breathing Space	0800 83 85 87 (Calls are Free) www.breathingspace.scot/ Weekdays: Monday-Thursday 6pm to 2am Weekend: Friday 6pm-Monday 6am
HOPElineUK	HOPELineUK is a confidential support and advice service for: Young people under the age of 35 who may be having thoughts of suicide Call: 0800 068 41 41 Text: 07786209697 Email: pat@papyrus-uk.org <i>Opening hours are 10am-10pm weekdays, 2pm-10pm weekends, and 2pm-5pm Bank Holidays.</i>
Self Injury Support	TESS – Text and email support (for young women up to 24 years) Text 0780 047 2908 or email TESS CASS , Women’s Self Injury Helpline - 0808 800 8088 Freephone from landlines and most mobile networks (see website for opening hours and more details of support offered) www.selfinjurysupport.org.uk

Family/Friends (who can support you)	
Name	Phone number

Things you can do to help

What has helped you in the past?

(Is there anything you have done in the past which has helped you to avoid self-harming?)

Who could you speak to?

(Who would you feel comfortable speaking to, have you spoken to anyone in the past who has helped you?)

What could you try?

(What could you try to take your mind of things?)

Risks to avoid:

(e.g. alcohol, drugs, triggering situations which can be avoided)

Useful Self-Harm Support Websites:

The National Self Harm Network: www.nshn.co.uk

TheSite.org (for 16-25 years): www.thesite.org/healthandwellbeing/mentalhealth/selfharm

Self Injury Support (provide, phone, text/email support to girls and women affected by self injury)
www.selfinjurysupport.org.uk

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