

Personal Safety Plan

This plan is for you to write down what helps keep you safe when things feel overwhelming. Keep a copy somewhere easy to reach.

1. Warning signs that I might be heading into crisis

- Physical signs (e.g. racing heart, feeling shaky)
- Thoughts (e.g. 'I can't cope', 'I want to give up')
- Situations that increase risk

2. Things I can do on my own to cope

- Breathing exercise (inhale 4, exhale 6)
- Walk, stretch, or gentle exercise
- Listen to calming music
- Write or draw what I'm feeling

3. People and places that help me feel safe

- Family / friends I can call
- Public places I can go (library, café, park)
- Community groups or faith spaces

4. Who I can call for help

- Trusted person: _____
- GP or support worker: _____
- Helpline (e.g. Samaritans 116 123, Shout 85258)

5. Professional & emergency contacts

- GP practice: _____
- Therapist/support service: _____
- Emergency: 999 (UK)

6. My reasons for staying safe

- People I care about: _____
- Things I still want to do: _____
- Hopes for the future: _____