**My Safety Plan**

Keep this plan where you can easily find it when you need it

This is designed to help you work out some coping strategies to use if you are distressed and thinking about harming yourself.

Self-harm is a short-term coping strategy for managing feelings.

*These feelings will pass.*

**Remember - if you do self- harm, try not to feel bad instead try to think what happened and what you could do to manage differently next time**

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| **What warning signs can you spot that you may not be in control of your feelings? What would you notice?** |
| **What are possible triggers for feeling this way?** |
| **What ways of coping have you used in the past that could help you now?** |
| **What could you tell yourself - alternatives to the negative thoughts or other positive or encouraging thoughts...** |
| **What you would say to a friend who was feeling this way...** |
| **What could others do to help?** |
| **Who will you call for help or support:**   * In school? * At home?      * Anyone else?   **A safe place you could go to in school is:** |
| **Useful help lines used by young people**   * Childline 0800 1111 * Samaritans 08457 909090  |  |  | | --- | --- | | * Papyrus HOPELineUK | 0800 068 414 | |
| **Useful websites used by young people**   * [www.getselfhelp.co.uk](http://www.getselfhelp.co.uk)– lots of ideas on how to cope * [www.youngminds.org.uk](http://www.youngminds.org.uk) – info on mental health * [www.bullying.co.uk](http://www.bullying.co.uk) – info about bullying * [www.kooth.com - free online counselling service](http://www.kooth.com) |

**Coping strategies I can use**

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| **What warning signs can you spot that you may not be in control of your feelings?**  *Places –* being alone in bedroom, reminders of painful things  *Emotions –* feeling lonely, feeling sad, angry, guilty, shame  *Thinking –* thinking I’m no good or need to punish myself, I need to control my feelings  *Behaviour –* shouting at people, being withdrawn,  *Physical signs in my body –* feeling tense, heart beating fast, feeling sick, feeling dizzy  *What else?* |
| **What you could tell yourself (alternatives to the negative thoughts) or other positive or encouraging thoughts...**  *“I can cope with feelings of anger/frustration/fear/sadness/shame without self-harming”*  *“These are horrible thoughts, but they are just thoughts, I don’t have to act on them”.*  *“These feelings will pass”*  *“I got through this before, I can get through this now”*  *What else?* |
| **What ways of coping have you used in the past that could help you now?**  *Delaying self-harming in any way you can -* say to yourself “I will wait 10 minutes before I hurt myself”. When the time is up, think again. Can you wait another 10 minutes?  *Places* – take yourself away from the place or person or imagine you are somewhere else  *Finding some company –* go to a public place, be with a family member/friend, go on line, call a friend  *Distraction –* read a magazine, do a puzzle, play a computer game, listen to music, tidy up, cook, pick up some craftwork, have you tried Sudoku?  *Opposite emotions –* watch something funny on TV/DVD, read a funny book, listen to happy music  *Relaxation and deep breathing -* focus your mind on something positive, take deep breaths and focus on breathing in and out, count your breath in time to music  *Pamper yourself –* have a bath, eat something nice, buy yourself a treat, massage your hands or feet  *Exercise –* go for a walk, run, dance, swim, keep fit  *Minimise the self-harm damage –* use a red pen rather than cutting, hit pillows or cushions to get rid of anger, rub ice cubes across your skin where you might have cut, flick an elastic band across your wrists, have a cold bath or shower, eat a hot chilli  *Writing down how you are feeling –* in the form of a letter or diary – nobody else needs to see it  *What else?* |
| **What you would say to a friend who was feeling this way...**  *You can get through this. These feelings will pass. You just have to try not to act on them. Just try your best to cope with the feelings. They will gradually go away. You will be OK. You really don’t want scars in the future. It will get better. What else?* |