Mental Health Safety Plan

NO LIMITS
Helping Young People Help Themselves

Why do I want to stay safe? e.g. things I am looking forward to, relationships that are important to me:

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Thoughts, feelings and actions that are triggers for me:

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People, places or situations that I should avoid:

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Safe distractions, coping strategies and things people can do to support me:

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Resilience is built over time. Some other difficult situations I have managed to overcome are:

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5 People or places I can go to:



To get urgent medical help, use the NHS 111 online service, or call 111 if you're unable to get help online.

For life-threatening emergencies, call 999 for an ambulance.

Crisis Support

SHOUT

Free text service for anyone in crisis anytime, anywhere.

Text 'HANTS' to 85258
Available 24/7

giveusashout.org

NHS 111

Support through their phone line and mental health information online.

111 (option 2)
Available 24/7

https://111.nhs.uk/guided-entry/mental-health-help

National Suicide Prevention Helpline

Offers a supportive listening service to anyone with thoughts of suicide.

0800 689 5652
6pm - midnight every day

spuk.org.uk

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Useful apps

Calm Harm: Helping young people manage the urge to self-harm.

DistrACT: Trusted information for people who self-harm or feel suicidal.

Stay Alive: Helping you to plan and stay safe during a mental health crisis.

Want support from No Limits?

Find out more about our free, confidential mental health support for young people at:
nolimitshelp.org.uk/mental-health-and-wellbeing