

# Mental Health Safety Plan

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](https://giveusashout.org)



### Papyrus

A UK charity dedicated to the prevention of suicide.



0800 068 4141  
Available 24/7



[papyrus-uk.org](https://papyrus-uk.org)



### 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](https://spuk.org.uk)



## 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](https://nolimitshelp.org.uk/mental-health-and-wellbeing)

