Self-Harm Safety Plan

NO LIMITS
Helping Young People Help Themselves

Warning signs, feelings or triggers that might mean I will self-harm and what can I do to avoid this?

.....

.....

.....

What can I do right now to keep myself safe and reduce harm, such as clean and dress wounds, clean blades?

.....

.....

.....

What coping strategies, distractions or tools can I try to use instead?

.....

.....

.....

What underlying issues do I need to work through to help me reduce/stop the need to self-harm?

.....

.....

.....

Motivation e.g. wanting to help myself, hiding scars is hard, it's not helping me:

.....

.....

.....

.....

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

Line break Line break Line break Line break Line break Line break Line break

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