# My safety plan

A plan for the times when things feel unbearable, written in advance.

Name _____ Date _____

Fill this in with me, or with someone you trust, when you are feeling steadier. Keep a copy where you can find it quickly: on your phone and somewhere at home. Work down the steps in order. If one step is not enough, go on to the next.

**1. My warning signs. Thoughts, feelings, situations or behaviours that tell me a crisis may be building.**

**2. Things I can do by myself to get through the next while. (Go for a walk, have a shower, music, breathing, something that has helped before.)**

**3. People and places that take my mind off things. (Names, a café, the library, the park.)**

**4. People I can tell how I am really feeling, and ask for help. (Names and numbers.)**

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This handout supports your therapy. It does not replace professional advice.

| 5. Professionals and services | Number |
|---|---|
| **My therapist** | |
| **My GP** | |
| **Out-of-hours GP service** | |
| | |

**6. Making my surroundings safer. What I will put out of reach or ask someone to mind for me, and who can help me do that.**

**What matters most to me, and is worth staying for**

**If you need help right now (Ireland)**

| | |
|---|---|
| **In an emergency** | Call **112** or **999**, or go to your nearest emergency department. |
| **Samaritans** | Freephone **116 123**, any time, day or night. Email jo@samaritans.ie |
| **Text About It** | Free text **HELLO** to **50808**, any time, for an anonymous text conversation. |
| **Pieta** | Freephone **1800 247 247**, any time, or text **HELP** to **51444**. For thoughts of suicide or self-harm. |
| **Your GP** | Contact your GP or the out-of-hours GP service in your area. |

*The six steps follow the Safety Planning Intervention developed by Barbara Stanley and Gregory Brown.*

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# Help in a crisis: who to contact in Ireland

Numbers to keep in your phone and on the fridge.

If you feel you cannot keep yourself safe, or someone else is in immediate danger, call 112 or 999, or go to the nearest emergency department. You will not be wasting anyone's time.

**If you need help right now (Ireland)**

| | |
|---|---|
| **In an emergency** | Call **112** or **999**, or go to your nearest emergency department. |
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| **Your GP** | Contact your GP or the out-of-hours GP service in your area. |

## Other support

| Service | What it is for | Contact |
|---|---|---|
| HSE Your Mental Health information line | Information on mental health supports and services near you, any time | Freephone 1800 111 888 |
| Your GP | First point of contact for mental and physical health. Ask for an urgent appointment. | My GP's number below |
| Out-of-hours GP | Urgent medical help when your surgery is closed | Number for my area below |

## My numbers

| Who | Number |
|---|---|
| **My GP** | |
| **Out-of-hours GP service** | |
| **My therapist** | |
| **Someone I trust** | |
| **Someone else I trust** | |

*Cut along the dashed lines. Keep a card in your wallet or phone case.*

**If I need help now**

Emergency **112** or **999**
Samaritans **116 123**
Text **HELLO** to **50808**
Pieta **1800 247 247**

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**My people**

Names and numbers

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*These numbers were checked in November 2026. Services change, so check hse.ie if a number does not connect.*

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# Getting through the next hour

Steps for when everything is too much.

You do not have to work out your whole life right now. You only have to get through the next hour. Then the one after that.

1. **Stop and breathe out,** slowly, five times.
2. **Get safe.** Move away from anything you could use to hurt yourself. Go to where other people are, if you can.
3. **Tell someone.** Ring or text a person you trust, or one of the lines below. You do not need the right words. "I am having a hard time" is enough.
4. **Change your body state.** Cold water on your face. A fast walk. A hot shower.
5. **Do one small, ordinary thing.** Make tea. Feed the cat. Step outside.
6. **Put off any big decisions.** Nothing has to be decided tonight.
7. **Remind yourself:** "This feeling is at its peak. It will come down. I have felt this before and it passed."

### If you need help right now (Ireland)

| | |
|---|---|
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| **Your GP** | Contact your GP or the out-of-hours GP service in your area. |

**What has got me through before (fill this in on a calmer day)**

*Cut along the dashed lines. Keep a card in your wallet or phone case.*

**The next hour**

Breathe out. Get safe. Tell someone. Cold water or a walk. One small thing. No big decisions tonight.

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**I can contact**

Names and numbers

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# My hope box

A box of reminders of what matters to you, for the worst moments.

Name _____ Date _____

When things are at their worst, it is hard to remember anything good. A hope box does the remembering for you. It is a real box, or a folder on your phone, filled with things that connect you to what matters and to getting through.

## What to put in it

- [ ] Photos of people, pets and places I love
- [ ] Letters, cards or messages that meant something
- [ ] A list of reasons to keep going
- [ ] Something that smells or feels comforting
- [ ] Music, or a playlist
- [ ] A letter to myself, written on a better day
- [ ] Things that make me laugh
- [ ] Reminders of what I have come through
- [ ] Things I am looking forward to, however small
- [ ] My coping cards and safety plan
- [ ] Names and numbers of people I can contact

**People, animals and places that matter to me**

**Things I still want to do, see or be around for**

**What I would say to someone I love who felt the way I sometimes do**

**Where I will keep my hope box, so I can reach it easily**

**A message to myself for a hard night**

*Add to it whenever something good happens. In an emergency call 112 or 999. Samaritans: freephone 116 123.*

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# My distress kit

A plan for getting through the worst moments without making them worse.

Name _____ Date _____

Fill this in when you are steady. Keep it where you can reach it.

**Signs that I am heading into crisis**

**First, to bring my body down**

- ☐ Cold water
- ☐ Slow breathing
- ☐ Fast movement
- ☐ Tense and release

**Then, to take my mind off it**

Activities, people, tasks

**To soothe myself**

Sight, sound, smell, taste, touch

**People I can be with or contact**

**What I must not do, because it makes things worse**

**What I want to remember (why it is worth getting through this)**

**If none of this is working, I will...**

**If you need help right now (Ireland)**

| | |
|---|---|
| **In an emergency** | Call **112** or **999**, or go to your nearest emergency department. |
| **Samaritans** | Freephone **116 123**, any time, day or night. Email jo@samaritans.ie |
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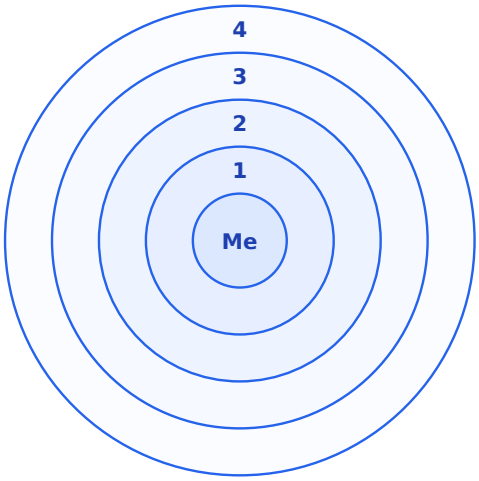
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# My support network

Who is around you, and who could you lean on a little more?

Name _____ Date _____

Put yourself in the centre. Then write the names of people in each ring, according to how close they are.




**1 Closest to me**
The people I could tell almost anything

**2 Good friends and family**
People I enjoy and can rely on

**3 Wider circle**
Neighbours, colleagues, groups, people I see regularly

**4 Professionals and services**
GP, therapist, support lines

| When I need... | I could go to... |
|---|---|
| **Someone to listen** | |
| **Practical help** | |
| **Company or distraction** | |
| **Advice** | |
| **A laugh** | |

**Who would I like to move closer in? What is one step towards that?**

**What stops me from asking for support, and what would I say to a friend who felt that way?**

*In an emergency call 112 or 999. Samaritans: freephone 116 123. Text HELLO to 50808.*

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# After a crisis: looking back

Once things have settled, look at what happened and what would help next time.

Name _____ Date _____

Do this when you feel steadier, ideally with me or someone you trust. The purpose is to be better prepared, not to blame yourself.

**What was happening in the days before? What built up?**

**The first signs, looking back**

**What tipped it over**

**What I did that helped, even a little**

**Who helped, and how**

**What did not help, or made it worse**

**What I would want to do differently, or sooner, next time**

**What needs to change in my safety plan**

**What I want to remember about having got through it**

*In an emergency call 112 or 999. Samaritans: freephone 116 123. Text HELLO to 50808.*

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