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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