

SAFETY PLAN

FOR:

Things I can do and remember to help me keep safe:

Remember: These feelings will pass.

**If you do self-harm, try not to feel bad.
Instead try to think what happened and what you could do
to manage differently next time.**

Look out for warning signs:

Places – being alone in bedroom, reminders of painful things

Emotions – feeling lonely, feeling sad, angry, guilty, shame

Thinking – thinking I'm no good or need to punish myself, I need to control my feelings

Behaviour – shouting at people, being withdrawn,

Physical signs in my body – feeling tense, heart beating fast, feeling sick, feeling dizzy

What else?

Act. Do something.

What ways of coping have you used in the past that could help you now?

Delaying self-harming in any way you can - say to yourself "I will wait 10 minutes before I hurt myself". When the time is up, think again. Can you wait another 10 minutes?

Places – take yourself away from the place or person or imagine you are somewhere else

Finding some company – go to a public place, be with a family member/friend, go on line, call a friend

Distraction – read a magazine, do a puzzle, play a computer game, listen to music, tidy up, cook, pick up some craftwork, have you tried Sudoku?

Opposite emotions – watch something funny on TV/DVD, read a funny book, listen to happy music

Relaxation and deep breathing - focus your mind on something positive, take deep breaths and focus on breathing in and out, count your breath in time to music

Pamper yourself – have a bath, eat something nice, buy yourself a treat, massage your hands or feet

Exercise – go for a walk, run, dance, swim, keep fit

Minimise the self-harm damage – use a red pen rather than cutting, hit pillows or cushions to get rid of anger, rub ice cubes across your skin where you might have cut, flick an elastic band across your wrists, have a cold bath or shower, eat a hot chilli

Writing down how you are feeling – in the form of a letter or diary – nobody else needs to see it

What you could tell yourself (alternatives to the negative thoughts) or other positive or encouraging thoughts...

"I can cope with feelings of anger/frustration/fear/sadness/shame without self-harming"

"These are horrible thoughts, but they are just thoughts, I don't have to act on them".

"These feelings will pass"

"I got through this before, I can get through this now"

What else?

What you would say to a friend who was feeling this way...

You can get through this. These feelings will pass. You just have to try not to act on them. Just try your best to cope with the feelings. They will gradually go away. You will be OK. You really don't want scars in the future. It will get better. What else?

Have a code-word, to use if you're struggling.

Use text or Whatsapp if you can't say it out loud.

My code word will be: _____

If you cannot keep yourself safe: GO TO A&E

Things my Parents/Carers can do to keep me safe...

1. Collecting **all** medication and storing it **securely** at home so that your child can't access it without your knowledge and consent.
2. Think about any other methods your child may use to hurt them and remove potentially dangerous items.
3. Keep an eye on your child's mood and behaviour. Check in and offer appropriate supervision and support.
4. Make time to listen (and talk) to your child about what it is going on in his/her life and how he/she is feeling about it.
5. Do something nice with them. You could have a look at the 'BBC Headroom Activity Scheduling The Fabulous Four' template for some ideas and tips on how to do this.
<https://childline.org.uk/globalassets/info-and-advice/your-feelings/feelings-and-emotions/depression-and-feeling-sad/activity-plan-the-fabulous-four.pdf>

If you cannot keep your child safe, take them to A&E

Sources of support:

Childline: 0800 1111

Samaritans: 08457 909090

Papyrus/HopeLine uk: 0800 068 41 41 or text 07786 209697

C.A.L.L (Community Advice and Listening Line): 0800 132737 or text *help* to 81066

Websites:

www.getselfhelp.co.uk – lots of ideas on how to cope

www.youngminds.org.uk - information on mental health

www.bullying.co.uk – information about bullying

www.getconnected.org.uk – help for young people

www.papyrus-uk.org – prevention of young suicide (support for young people and parents/carers)

www.nshn.co.uk – National Self Harm Network – resources, advice, support forum

App:

Calm Harm