

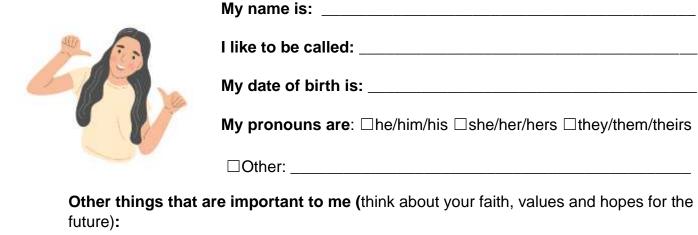


My safety support plan

Why do I need a support plan?

10	days	date:

A mental health support plan is a plan that is made *before* a crisis occurs, so you and people in your support system know what to do when you need support with your mental health.



Everyone can have tough times in their life. What do you notice when things are becoming difficult for you?

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at is most likely to trigger a difficult time??		



What is most likely to trigger a difficult time??



When you are on your own, there are things you can do to distract yourself. What can you do to help yourself (positive coping strategies)? Please try to think of more than one example so you have more than one option to try.

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The support of other people and social contact with others is also important. What helps you build connection with others? What activities do you like to do with other people? Please try to think of more than one example so you have more than one option to try.

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Having access to a safe environment will support you to keep yourself safe. What do you need when you are at home, school/college, or in your local environment so that you are supported to keep safe?. (for example, removing items you might use to hurt yourself)

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Our physical health is important too, and we are more able to make positive decisions about our safety when we are fit and well. What helps keep you well? Is there anything do you do regularly, that makes you feel better?

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My contacts

Having the support of other people is really important, especially when we are struggling. Can you think of any friends or family you can call when you need support? Please try to think of more than one example so you have more than one option.



Name	Telephone number	Do they know you might call them?	Are you going to give them a copy of this plan?
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What can they do to help you? What do they need to know about the help you need?

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There are Professionals who can help you when you are worried about acting on thoughts of hurting yourself. Outside of your friends and family, who can you contact if you are struggling? Please try to think of more than one example so you have more than one option.



Name	Telephone number	Do they know you might call?
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What can they do to help you? What do they need to know about the help you need?

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Useful websites & services

There are a range of websites that provide information, advice, links and even counselling to support you with your mental health. Some of these include:

STAY OF ALIVE STAY OF ALIVE STAY	The Stay Alive app is a suicide prevention app packed full of useful information and tools to help you stay safe in crisis. This app is free.	
	The award-winning distrACT app provides trusted information and links to support for people who self-harm and may feel suicidal. This app is free.	
CALMHARM	The Calm Harm app provides some immediate activities and techniques to help you break the cycle of self-harm. This app is free.	
PAPYRUS PREVENTION OF YOUNG SUICIDE	If you are having thoughts of suicide or are concerned for a young person who might be, you can contact HOPELINEUK for confidential support.	
SAMARITANS	When life is difficult, Samaritans are here - day or night, 365 days a year. You can call them for free on 116 123	
shout 85258	Feeling worried or low? Need to talk? Text ' SHOUT ' to 85258 for free and confidential support, 24/7. This will not show up on your phone bill.	
tellmi	Tellmi allows an online safe and anonymous space for young people to discuss their feelings, seek support and receive counselling when necessary. It is available 365 days a year.	
In a mental health crisis? OPTION 2	If you need urgent mental health support, you can call NHS 111 and press option 2 or visit https://111.nhs.uk/ . This service is totally free and confidential. Families can call NHS 111 and choose Option 2, 24 hours a day, seven days a week. Please note however that the NHS 111 line is not an emergency service.	



For more advice about mental health support for young people in Leicester, Leicestershire and Rutland, scan the QR code.