

SAFETY PLAN for YOU and YOUR COMMUNITY

ACTIVE LISTENING

We generally see what we look for and hear what we listen for using 3 types of listening.

Competitive: We want to reply with a better story.

Combative: We want to change what the other person thinks.

Passive: We're not actually interested in anything the other person is sharing.

But there is also the ability to listen **Actively...**

What makes a skilled **Active Listener**

Attitude

Someone who is interested in what we have to say

Attention

Someone who is not distracted

Adjustment

Someone who tries to fully understand us
by asking the right questions

Compassion

Someone who doesn't tell us what to do but helps us
to understand in a way that works for us

Important

It is virtually **impossible** to be an active listener all the time either to our own thoughts or for others, especially when we are in distress. This is why we must not rely on one person or resource but instead start to build our **community** of listeners.

When your thoughts turn to self harm, suicide or harm to others

PAUSE

Follow your **safety plan**. Find an Active Listener. Share your thoughts with them.

These are examples of **FREE** 24/7 UK listening services, that's anytime, **day** or **night**. These are correct at the time of writing, but if they aren't available or you're not in the UK, why not get creative and find your own;

shout
85258

text SHOUT to
85258



www.giveusashout.org

a neighbour,

a friend,

a stranger,

someone with more or less experience
than you,

someone younger, the same age,
or older.

SAMARITANS

Call 116 123



www.samaritans.org

PREPARE

*NHS **research** says that **1 in 4** adults have had thoughts of suicide at some point in their lives.

Suicidal ideation is the result of unique **personal** experiences that impact a person's will to live.

We prepare suicide **prevention** strategies to give ourselves **HOPE** for the future, in the moments or periods of time when we might need it most.

When thoughts of suicide are overwhelming, staying safe for even 5-10 minutes takes a great deal of **strength**. We create a **safety plan** for use during those times. The plan might not remove thoughts of suicide completely, but it will help keep us all safe in that moment and will help guide us as we explore support for whatever is creating those emotions. Thoughts and feelings can change over time. A safety plan allows us to concentrate on what we can do in the moment, so that **we** and our **community** can stay safe for now.

It is **important** to first consider ways to help **YOU** cope in the **moment**, and then learn from others with **lived experience**, of ways to survive and **thrive** in your unique journey through life.

When you are experiencing suicidal thoughts, follow your plan until you are safe. You may need to re-visit the plan many times, which is **natural** and **normal**. Your plan might change over time, so consider setting a reminder to update it each month, year... what-ever works for **YOU**.

Create your plan in **YOUR** own style, in a way that is simple to follow.

Answer these questions and keep your plan somewhere easy to find, in times of need.

Consider including music and pictures in your plan if this works for **YOU**.

What will I do to calm myself in the moment?

What will I tell myself (as an alternative to choosing to end my life)?

What would I say to a close friend if I knew they were feeling this way?

What could others do that might help?

Who do I know who is good at Actively Listening to me if I'm worried or upset?

What charities and support groups, that fully understand the need to listen, offer 24/7 services?

What will I say or do to start a conversation?

Am I aware of any warning signs or triggers that make me feel more out of control?

What have I done in the past that helped me... what ways of coping do I already have?

Do I use any drugs, alcohol or medication to cope? These can make it harder to stay safe if they make me more impulsive or lower my mood. What can I do to make these safer?

How will I get emergency help if I have taken action and my life is in immediate danger?



www.rcpsych.ac.uk



www.every-life-matters.org.uk



www.merseycare.nhs.uk

These are **websites** that will show you other styles of safety plan that might work better for you.

Seek help from a **professional** to create your plan, if you would like to.



visit www.beckbromley.com to watch a film showing this information and to download a **FREE** printable copy of this guide.

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In memory of Beck Bromley 2003-2022 and beyond.

