

SAFETY PLAN

A safety plan is a prioritised written list of coping strategies and sources of support we can use before or during a suicidal, self harm, or harm to others crisis. The plan is short, prepared in YOUR own style and is EASY to follow.

When your thoughts become a threat to your own or others well-being

PAUSE

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

Only then can YOU be guided or guide others to SAFETY

FREE 24/7 UK listening services, that's anytime, day or night
Papyrus also offer a 24/7 British Sign Language translation service



Call Hopeline
0800 068 41 41



www.papyrus-uk.org

shout
85258

text SHOUT to
85258



www.giveusashout.org

SAMARITANS

Call 116 123



www.samaritans.org

ACTIVE LISTENING

Attitude: Interested in what we say

Attention: Not easily distracted

Adjustment: Tries patiently to fully understand us

Compassion: Guides us with experience in a way that works for us

Save your plan here, or where YOU can easily find it. Your plan might change over time, so set a reminder to update it each month or year... whatever works for you. Create it with the help of a professional if you need to.

- 1: Who do I know who is an active listener?
- 2: What charities and support groups, that fully understand the need to listen, offer 24/7 services?
- 3: Where can I go, close by, to find active listeners?
- 4: What will I say or text or do to start a conversation?

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



www.papyrus-uk.org



www.every-life-matters.org.uk



www.merseycare.nhs.uk

In memory of Beck
www.beckbromley.com



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