

## Safety Plan - Chin Up Cardiff

If you sometimes struggle with suicidal thoughts, complete the form below or create your own version. When you are feeling suicidal, follow the plan one step at a time until you are safe. Feeling suicidal is the result of experiencing extreme pain, and not having the resources to cope. We therefore need to reduce pain and increase coping resources.

**These feelings will pass.**

Keep the plan where you can easily find it when you'll need it.

What I need to do to reduce the risk of me acting on the suicidal thoughts:	
What warning signs or triggers are there that make me feel more out of control?	
What have I done in the past that helped? What ways of coping do I have?	
What I will do to help calm and soothe myself:	
What I will tell myself (as alternatives to the dark thoughts):	
What would I say to a close friend who was feeling this way?	
What could others do that would help?	
Who can I call:	
• Friend or relative:	Another?
• Health professional:	Other?
• Telephone Helpline:	Other?
A safe place I can go to:	
<b>If I shall feel suicidal and out of control:</b>	
• I will go to the A & E department	
• If I can't get there safely, I will call 999	

## Safety Plan Example

### **What I need to do to reduce the risk of me acting on the suicidal thoughts:**

Remove stockpile of medication – take them to the pharmacy  
Throw away blades.

### **What warning signs or triggers are there that make me feel more out of control?**

Staying home, alone, in bedroom, brooding.

### **What have I done in the past that helped? What ways of coping do I have?**

Phoning Jo and being honest with her  
Keeping busy  
Being with other people  
Writing down my thoughts and feelings – and reminding myself of alternative ways of looking at things.

### **What I will do to help calm and soothe myself:**

Focus on my breathing  
Do something else, anything, for at least 20 minutes  
Then do something else if it still feels overwhelming.  
If I still have suicidal thoughts – I'll call Jo (or others in my plan)  
If that doesn't help, I'll go to A &E

### **What I will tell myself:**

I've got through this before, I can get through it now.  
These are horrible thoughts, but they are just thoughts, I don't have to act on them.  
I love Jo and family, and I don't want to hurt them.  
This will pass.

### **What would I say to a close friend who was feeling this way?**

You will get through this. You will feel better tomorrow and be grateful that you didn't die. Just do what helps. You'll be okay.

### **What could others do that would help?**

Jo will remind me of my safety plan.

Who can I call:

- |  |          |
|--|----------|
| • Friend or relative Jo xxxxx            | Another? |
| • Health professional Dr xxxxx           | Other?   |
| • Telephone helpline: Samaritans 116 123 | Other?   |

If I still feel suicidal and out of control:

- I will go to A & E department
- If I can't get there safely, I will call 999 (112, 911)