

## Safety Plan

It can be scary to struggle with overwhelming thoughts and feelings, and sometimes even hurting yourself or not wanting to be here. When you are experiencing these thoughts, it can be difficult to think about things that help you feel better, so it can be useful to have a list of things that make you feel safe.

If you are worried about how you are feeling, talk to an adult that you trust. This could be a family member or a teacher at school. They can then contact your GP and get you any help you may need.

**In cases of an emergency where medical treatment is needed and/or risk is imminent, go to A&E or call 999 if required.**

**What things have I done in the past that has helped?** Try to think back to time that you have experienced painful thoughts and feelings, if you feel comfortable to do so. When you are struggling, it can hard to think of these things, so it can be good to write them down.

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**Things I can do when I am dealing with difficult feelings (tick all that apply):**

- Take a nice bubble bath
- Relaxation breathing– breathe in for 4 seconds & out for 5–8 seconds, for 1–2 minutes
- Watch a film or TV programme that makes me laugh
- Be creative – try drawing, writing, playing music
- Play with a pet or sibling
- Wrap ice in a towel and hold in my hand for as long as I can
- Go for a walk with a family member
- Get in touch with a friend or someone who cares about me
- Tear up an old newspaper
- Splash face with cold water
- Throw a cushion against a wall or my bed
- .....
- .....

There are some more ideas on the back of this sheet.

**Who can I speak to?**

- A trusted family member: .....
- An adult in school (e.g. teacher/school nurse/counsellor):  
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- A trusted friend: .....
- ChildLine: 0800 1111 (free 24hr support line)
- [www.childline.org.uk](http://www.childline.org.uk) 1-2-1 counsellor chat online
- Samaritans: 116 123 (free 24hr support line)
- Anyone else?.....

Use your phone camera to scan these QR codes to access the websites.

**Calm harm**



**For Me – the Childline app**



**Young Minds website**



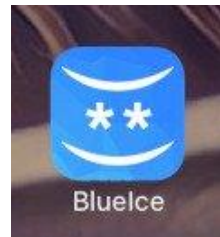
**Melo website**



**Stay Alive app**



**Bluelce app**



**Paediatric Clinical Psychology Service**



