

MY SAFETY PLAN

BECAUSE MY LIFE MATTERS



Warning Signs

These are signs that you are heading into a difficult place and could include withdrawing from others, not answering your phone to friends or family or unable to work or sleep.

Making my Space Safer

List places you need to avoid or where you have access to things you could harm yourself with. Is there somewhere you can go where you are safer? Stay away from alcohol.

Getting through Right Now & Calming Myself

Identify a few things that can help you right now just to buy you some time and keep you safe. These could be making a hot drink or snack, going for a walk, watching something on tv, doing a grounding exercise or any 'keep me busy' activity.

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Reasons to Live

Write down why life might be worth living. Maybe: 'Because I might feel better tomorrow', 'I could be called Mum or Dad some day', 'Because I am loved' or 'Because my pet would miss me,'

People to Support You

List people you can contact if you are feeling really low or suicidal. These are people who would support you like parents, siblings and close friends.

People I can call for help

Samaritans 116 123

Pieta House 1800 247 247

Aware 1800 80 48 48

Emergency Professional Support

Accident and Emergency 112 or 999