



Appendix C

Self-harm Support and Safety Plan EXAMPLE

A collaboration between The Royal Borough of Kingston,
Richmond & Wandsworth Borough Councils.

Understanding Self-Harm and Suicide
www.richmond.gov.uk/portus



Appendix C Self-harm Support and Safety Plan - EXAMPLE

Student Name:

Date:

Review Date:

Support Staff:

My Safety Plan

This is a plan unique to you, made by you. So let's explore how you are feeling and what you are thinking. Here are some prompts to help you start, but use your own words.

01 - How I feel: (For example)

Panicky

Stressed

Anxious

Shaky

Numb

Angry

Scared

Pressured

Lonely

02 - Thoughts I have: (For example)

It's all too much

I can't do it

I've had enough

Leave me alone

No one gets it

I've got no one

My Safety Plan

03 - Things I do when I'm struggling: (You may recognise some of these)

I go very quiet

I lose my
temper easily

I storm off

I swear more

I avoid people

I get annoyed

I want to hurt
myself

I drink/smoke/
vape to cope

I can't sleep

04 - What makes me feel worse: (You may recognise some of these)

Being on-line/on
phone a lot

My parents
nag me

School pressure

My friends

People's
expectations
(career, exams,
friendships)

My Safety Plan

05 - What helps me feel better:

Good friends

People who 'get' me

Doing nice things
- gaming/
on-line chat
- walking/nature

Being left alone/
not being left alone

06 - Things that are good for my well-being and that I can try to help myself...

Be kind to myself

Exercise regularly

Be creative

Learn something new

Find time to relax

Avoid alcohol & drugs

Get enough sleep

Eat healthily

Connect with others

5 ways to Well-being
Find more ideas here

OPEN PDF

https://good-thinking.s3.amazonaws.com/documents/JC0423_CYP_5Ways_Poster_v3b.pdf

My Safety Plan

People who can support me

Name:

Phone Number:

How to contact them

Apps to help me



Calm Harm

A free app providing support and strategies to help you resist or manage the urge to self-harm.



Tellmi

A free app fully-moderated community where you can share your problems, get support and help other people too.

My Safety Plan (cont'd)

Organisations that can help me



Papyrus

HopelineUK

Call:
0800 068 4141

Text:
07860039967

Email:
pat@papyrus-uk.org

www.papyrus-uk.org



The Mix

Essential support for
under 25s.

Free short-term
counselling service
available.

Opening times:
**3pm - 12am,
seven days a week**

Call:
0808 808 4994

www.themix.org.uk



Kooth

Online well-being
community. Free 1-2-1
online counselling.

www.kooth.com



Shout

UK's 24/7 Crisis text
service for mental health
support.

Text:
Shout 85258

www.giveusashout.org



Be Headstrong

Mental wellbeing project
for young people offering
resources, advice and
support.

www.beheadstrong.uk



ALUMINA

Alumina

Free online self-harm
support for 11 - 19's.

<https://alumina.selfharm.co.uk/>



Childline

If you're under 19 you can
confidentially call, chat
online or email about any
problem big or small. Free
1-2-1 counselling available.

Call:
0800 1111

www.childline.org.uk



Samaritans

Seven days a week

Call:
116 123 (24/7)

www.samaritans.org



Crisis Line

South West London and
St. Georges Mental Health
Trust

Call:
0800 028 8000

<https://www.swlstg.nhs.uk/patients-carers/crisis-support/mental-health-support-line>