



Appendix C

Self-harm Support and Safety Plan EXAMPLE

A collaboration between The Royal Borough of Kingston,
Richmond & Wandsworth, Croydon, Merton and Sutton Borough Councils.

Understanding Self-Harm and Suicide
www.swlportus.co.uk



Appendix C

Self-harm Support and Safety Plan - EXAMPLE

Student Name:

Date:

Review Date:

Support Staff:

Be curious about a young person's online activity. Explore how their use of social media, apps and the internet may contribute to risk or provide sources of support and protection.

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

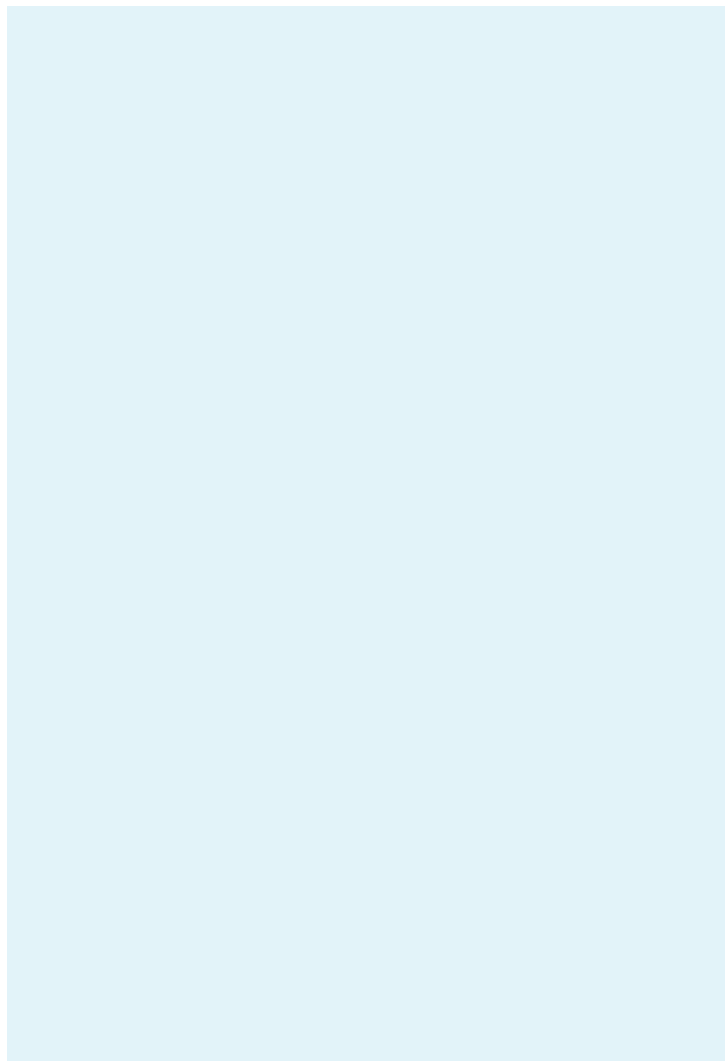
02 - Thoughts I have: (For example)

- ☐ 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

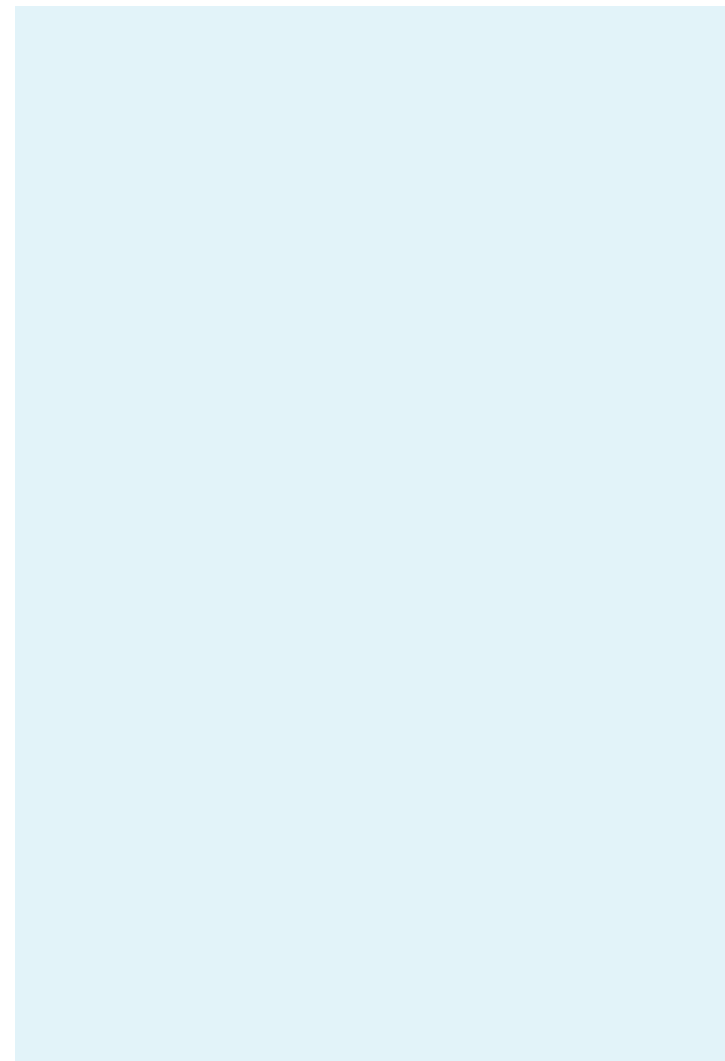
03 - Things I do when I'm struggling: (You may recognise some of these)

- ☐ 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



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.

www.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