



# Crisis Safety Plan

## Preventing Suicide

Kelly's Heroes have put together a plan to aid recovery when struggling with poor mental health. Staying safe when thoughts of suicide are overwhelming is critical to recovery. Our plan will help you prepare for the difficult times

# Crisis Safety Plan

## Preventing Suicide

### What is a Safety Plan?

A safety plan is just that a plan to keep you safe when things feel overwhelming and you need to stay 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. This safety plan can act as one of your resources.

Whenever our minds are working overtime, worried, stressed or anxious, it is easy to forget what is important. A written reminder that entails all those important elements is a useful way to remind your worried mind that you are not alone, and can help you to stay safe and connected with people, your support network, and professionals that can help you in your time of need. A reminder of your reasons to live

The easiest way to write your own personal plan is with the help of someone you trust, this may be a friend, family member, even a counsellor, a social worker, or with a mental health practitioner. Someone who knows you well, understands what helps you in your moment of need. Every plan is individual, which is why we provide prompts for you and make space available to write in what helps you.

The plan can be used at any time, a kindly reminder when you are struggling, just follow the plan one step at a time until you are safe, but it is also there to revisit when feeling well. The best time to write the plan is when you are thinking clearly and have time to ensure you have everything documented that help you. If you can give a copy to your key worker or members of your support team.

*You are not alone*

*Things can get better*

*Life is a rollercoaster and there are good and bad days*

*Remind yourself of reasons to live*

*These feelings will pass*

## My Contacts

*This section is all about who you can contact when your struggling*

*List those in your support network, friend family, your counsellor, mental health worker and any support telephone number that you need to hand*

### My Support Network

Name: .....

Contact Number.....

Name: .....

Contact Number.....

Name: .....

Contact Number.....

## My Professional Support

Name: .....

Contact Number.....

**Profession = Counsellor / Mental Health Worker / GP / Other**

Name: .....

Contact Number.....

**Profession = Counsellor / Mental Health Worker / GP / Other**



**Call Samaritans free on 116 123** – open 24/7 365 days a year

**SOBS – Survivors of bereavement by Suicide** – National Helpline 7 days a week 9am –9pm call **0300 111 5065**

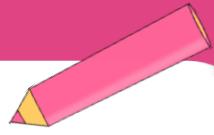
**Mental Health Hub 0800 448 0828** (open 24 hours a day, 365 days a year) – (Northamptonshire Residents Only)

**Text Shout 85258.** The UK's first free, confidential, 24/7 text support service. It's a place to go if you're struggling to cope and need mental health support.

## Understanding the signs....

My warning signs that to me mean a crisis may be developing.

These can be my thoughts, visual images, sounds, behavior's and perceptions



## Making my environment safer

As I prioritize my safety, I promise to take the following actions to remove things that could be harmful to me if I become overwhelmed

This isn't me removing them forever, but while I focus on staying safe. It may be moving medications, sharps and objects that could be used to harm myself.





*I don't want to die today*

*I want to stay alive right now*

*I want to remind myself these thoughts and feelings will pass*

*There are people that want me to stay safe*

*There are people that can give me hope that things can change*

## Positive re-enforcers to stay safe

Reminders of my reasons to live.

What are the reasons I don't want to die today?



What actions can I take right now to stay safe, reminders of what has worked well in the past – is there a place or room which feels safer?



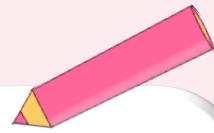
What are my personal strengths? What kind things do people remind me of when I can't see them myself. List coping strategies to help!



## Focusing on my recovery

When this episode of poor mental health has passed, what steps can I take to build myself back up and feel stronger.

What can I learn about myself to focus on a happier future?



**Kelly's Heroes** was formed in 2019 after the devastating loss of a beloved daughter, sister and friend Kelly Hewitt.

Our aim is to improve mental health awareness and suicide prevention.