

Safety plan



Step 1. Warning signs and triggers (thoughts, images, mood, situation, behaviour) that a crisis may be developing:

- _____
- _____
- _____

Step 2. How can I make my personal space safe from harm and risk, and are there people/situations I need to avoid during this time?

- _____
- _____
- _____

Step 3. People and social settings that can provide a distraction if I feel a crisis may be developing:

Name _____	Phone _____
Name _____	Phone _____
Name _____	Phone _____

Step 4. People whom I can ask for help (practical and emotional support):

Name _____	Phone _____
Name _____	Phone _____
Name _____	Phone _____

**Step 5. Professionals or agencies I can contact during a crisis.
Medication I am on and do I need support in remembering to take it and by whom?**

GP Name _____	Phone _____
GP Out of Hours _____	Phone _____
Emergency services _____	Phone _____
Medication _____	Support person _____

Step 6. Professional freephone helplines or agencies I can contact during a crisis for urgent support:

1. Samaritans	Phone: 116 123	
2. Pieta	Phone: 1800 247 247	Text: HELP to 51444
3. Childline	Phone: 1800 66 66 66	Text: 50101
4. Text about it		Text: HELLO to 50808

Step 7. Internal coping strategies – Things I can do to keep myself safe:

- _____
- _____
- _____

Step 8. One thing that is important to me and worth living for:

- _____

Note: For individuals under 18 years old, please provide copies of the safety plan to the following parties: Young Person, Next of Kin and Staff Member. For individuals over 18 years old, please provide copies of the safety plan to Young Person and Staff Member.