

Remember the Keep Safe Plan

- Talk to someone about how you are feeling from the contact list you have made in your Keep Safe Plan.
- Remember these thoughts you are having are temporary and will go away.
- Avoid alcohol and drugs if possible.
- Avoid being alone.

If at any point you feel you are completely overwhelmed and unable to either call one of your contacts, your GP, one of your chosen services available or are unable to distract yourself call 999 for an ambulance.

Content kindly reproduced with permission of Bridgewater Community Healthcare NHS Foundation Trust

Your feedback

If you would like to know more about us, need information in a different language or format or have a concern, compliment or complaint, then please contact our PALS Team:

PALS Team
Devon Partnership NHS Trust
Wonford House Hospital, Dryden Road
Exeter EX2 5AF

Freephone: 0800 0730741
Email: dpn-tr.pals@nhs.net

You will also find useful information about our services and issues related to mental health and wellbeing on our website.

www.dpt.nhs.uk

Reference: 455/03/19



Devon Partnership
NHS Trust

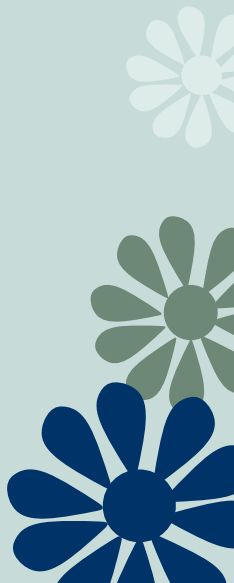
Keep Safe Plan

*To help you when
times are difficult*

Date: ____ / ____ / 20__

Supporting you to live well

www.dpt.nhs.uk



Your Personal Safety Plan

This safety plan is for you to complete and keep in a safe place of your choosing. Then if at times when you feel unwell or are having thoughts of suicide, your plan is complete and ready for you to put into action.

1. Distract yourself

Thoughts of suicide can be extremely overwhelming and upsetting as often they can dominate your thoughts. Try not to become preoccupied by them. Write down six things that you enjoy doing which will help you distract yourself. It could be a walk in a local park, coffee at a local café or watching a favourite film.

1. Talk to someone

2. Drawing/painting

3. Walk in the park

4. A trip to the shops

5. A nice coffee and read

6. Listen to my fave album

2. Tell someone

It is very important to ensure that you tell someone how you are feeling when you are having thoughts of suicide. Write down the name and contact number of two people you feel you can talk to and trust. If the first person does not answer move on to the next.

1. Best mate Jennifer

Number: 01234 54678

2. My mum Linda

Number: 01234 54678

It is recommended that you update your keep safe plan every 6 months to ensure all the contact details are correct.

3. Seek support

Anyone at any time can have thoughts of suicide, especially when we feel low in mood. In fact thoughts of this kind are quite natural, especially at a time when we can see no future and no way to fix the problem. There are a number of telephone services available to help and support you. We have added some of them below already, why not also add a local service you have used before? Another great way to get support is through your GP. Write their name and contact number below. That way if you do need to contact them, you have the number ready and easily at hand. You may have also received support from somewhere else? Why not write their contact details here too?

CALM: 0800 585 858

GP Name: Dr Smith

Number: 01234 54678

Extra Name: Claire (Friend)

Number: 01234 54678

Local Service: Mind

Number: 01234 54678

Lines open 7 days a week, 5.00pm - 12.00am (midnight)

Samaritans: 116 123 (free)

Lines open 24 hours a day, 7 days a week.

Papyrus: 0800 068 4141

If you are a young person at risk of suicide or a care giver for a young person at risk of suicide.

4. Stay safe

It is very important at a time when you do feel low in mood, or are having thoughts of suicide, that you keep yourself safe. There are some situations that can make us more unsafe and these things should be avoided such as isolating yourself, not talking about how you are feeling and drinking alcohol or taking drugs.