

Safety Plan for Teenagers

Instructions: Please complete this form with a trusted individual who can assist you in providing accurate and thoughtful responses.

What are the warning signs or feelings that I might self-harm?

(Are there any physical or mental things you're going through?)

Is there anything I can do right now to keep myself safe?

(Can you distract yourself, throw away your blades or ask for help?)

What coping strategies would I like to try now?

(This could be something that has helped before or something new you want to try. It could be doing some exercise, drawing or colouring, writing down your feelings, taking a nap, listening to music, tidying your room to keep your mind busy - whatever works for you.)

If your best friend was feeling like this, what would I say to them?

Try and apply it to yourself now. Think of something positive you can tell yourself right now ("This feeling won't last forever, I've survived 100% of my bad days so far, I've got this - I can get through this")

What would calm me down right now or be helpful?

What is one thing that is important to me and worth living for right now?

Who can I speak to and ask for help right now? Who can I call that will be able to distract me?

Friend:

Family Member:

Teacher:

Helpline:

**Where is my safe place I can go to in an emergency? How can I safely get there?
What do I need to take with me?**

(Phone, medication etc.)