

A Safety Plan for Difficult Moments

A safety plan is a personal, concrete plan for getting through a moment when things feel most difficult — written in advance, while things feel relatively steady, so it’s there when it’s needed most. This is best completed together in session rather than alone.

My warning signs

Thoughts, feelings, or situations that tell me things are becoming harder.

Things I can do on my own

Coping strategies I can use without needing to contact anyone else.

People and places that help me feel less alone

People I can be around, or reach out to, who don’t need to know details to still help.

People I can ask directly for help

Name	Contact details

Making my environment safer

Anything I can do to put distance between myself and means of harm, for this period of time.

If you need urgent help

Life at risk right now: **Call 999**

Mental health crisis, 24/7: **Call NHS 111, then select the mental health option**

Samaritans, 24/7, free: **116 123**

SANEline, daily 4pm–10.30pm: **0300 304 7000**

Keep this somewhere you can find it quickly — on your phone, or a physical copy somewhere accessible. Reviewing and updating it together from time to time keeps it useful rather than something written once and forgotten.

Grounded in the Stanley-Brown Safety Planning Intervention (Stanley & Brown, 2012) and standard clinical safety planning practice.