



# SOS Silence of Suicide - Safety Plan

## Safety Plan

**Name:**

**Date:**

**health and wellbeing. This document aims to provide practical guidance and clear guidance on how to develop an effective safety plan, tailored to individual needs.**

A well-constructed safety plan can serve as a vital resource during moments of crisis, offering structured strategies and personal coping mechanisms to help navigate through challenging times.

By following the guidance in this document, you will be equipped with the tools to create a comprehensive safety plan that can significantly enhance resilience and realise one's support network, ensuring immediate access to the assistance and interventions needed to stay safe.

### How to complete a Safety Plan

- **Set Aside Dedicated Time:** Choose a quiet, uninterrupted time to focus on creating your plan. This ensures you can think clearly and thoroughly about each step.
- **Be Honest and Specific:** When filling out each section, be as honest and specific as possible. The more detailed a plan, the more effective it will be in a crisis.
- **Keep the Plan Accessible:** Store your safety plan in an easily accessible place, such as your phone, wallet, or designated spot at home. Ensure you can quickly refer to it in times of need.

**Remember, reviewing and updating your plan will keep it relevant and effective, offering a lifeline of hope and practical assistance whenever you need it most.**

**Remember, you are not alone—this plan is a testament to your strength and**



**Warning Signs that things are difficult for me:**

Blank space for writing warning signs.

**Things I can do to take my mind off my difficulties and help me cope  
What have I done in the past that will help me now?**

Blank space for writing coping strategies.

**Things I can do to keep myself and others safe and reduce my stress?**

Blank space for writing safety and stress-reduction strategies.



Friends or family I can call?			
Name	Number	Do they know I might call?	Am I going to give them a copy of this plan?

**What can they do to help?**

Crisis Numbers		
Organisation	Number	Opening Hours
SOS Silence of Suicide	0808 115 1505	Mon-Fri 8pm-12am Sat-Sun 4pm-12am
Samaritans	116 123	24 Hours
NHS 111 (Urgent, but non-Emergency)	111	24 Hours
Ambulance/Police/Fire Service (Emergency)	999	24 hours