Risk & Safety Plan

My plan for staying safe when things feel hard

A safety plan is a short, personal list of steps to turn to if difficult thoughts, feelings or urges to harm myself start to build. It works best when written at a calmer time, in my own words, and ideally together with my therapist or someone I trust. I can work through the steps in order: if one step does not help enough, I move on to the next. If I am in immediate danger at any point, I go straight to the urgent support at the end of this plan.

This copy is mine to keep. What I type is saved only on my own device or printout and is not sent to Hawthorn Grove Psychotherapy.

Name / initials	Date completed	Review date

1. My warning signs

What thoughts, images, feelings, situations or changes in what I do tell me that a crisis may be building? Think about times, dates or events that can be harder.

2. Things I can do on my own

What can I do by myself to settle, soothe or take my mind off things, even a little? Include what has helped before.

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3. People and places that help take my mind off things

Who could I spend time with, or where could I go, to feel a little more connected or distracted? I don't have to talk about how I am feeling.

Name	Phone / how to reach them	Where or what we could do

4. People I can ask for help

Who could I tell that I am struggling and ask for support? Agree this with them in advance where I can, and have more than one name in case someone isn't available.

Name	Phone / how to reach them	What I could ask for

5. Professional and urgent support

Who can I contact for professional help, and what would I need from them? Note opening hours, as some services are not available out of hours.

Service / professional	Phone / how to reach them	When available / what I need

Urgent mental health support, wherever I am in the UK

- England: call 111 and choose the mental health option, or ask for an urgent GP appointment.
- Scotland: contact my GP or usual mental health service. If I can't reach them or can't wait, call NHS 24 on 111 and choose the mental health option.
- Wales: call 111 and select option 2, available 24 hours a day.
- Northern Ireland: call Lifeline on 0808 808 8000, available 24 hours a day.
- Samaritans: call 116 123 for free, confidential, non-judgemental listening support at any hour.
- Shout Crisis Text Line: text SHOUT to 85258 for free, anonymous, 24/7 support by text message.

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6. Making my surroundings safer

What could I do, or ask someone else to do, to make it harder to act on thoughts of harming myself? For example, keeping medication safely, putting things out of reach or avoiding certain places or online content when I feel at risk.

7. What matters to me

What are my reasons for staying safe? Include people, pets, values, plans or anything that matters to me, however small.

8. Keeping and sharing my plan

Keep this plan somewhere easy to reach, such as my phone, and consider sharing it with someone I trust.

Where I will keep this plan

Who has a copy

Made with

Next review

The steps in this plan follow the six-step safety planning approach (Stanley & Brown) described in NHS England guidance, Staying safe from suicide:
https://www.england.nhs.uk/long-read/staying-safe-from-suicide/

Urgent and Crisis Support

Hawthorn Grove Psychotherapy is not an emergency or crisis service. Please don't wait for a reply. If you or someone else is in immediate danger or cannot stay safe, call 999 or go to your nearest A&E.