

My mental health safety plan



My reasons for living: (people, pets, hobbies, special interests, hopes, beliefs)

A large, empty white rectangular box with rounded corners, intended for writing reasons for living.A large, empty white rectangular box with rounded corners, intended for writing reasons for living.A large, empty white rectangular box with rounded corners, intended for writing reasons for living.

People or places that distract me from how I feel: (family or friend's name and number, local park)

A large, empty white rectangular box with rounded corners, intended for writing people or places that distract.

People who help when I'm in crisis: (family, partner, friend)

A large, empty white rectangular box with rounded corners, intended for writing people who help in crisis.

Professionals and agencies who can help when I'm in crisis: (Samaritans)

A large, empty white rectangular box with rounded corners, intended for writing professionals and agencies who can help.A large, empty white rectangular box with rounded corners, intended for writing professionals and agencies who can help.

What will help me get through right now: (what or who is special to me)

Useful contacts

Call 999 if you or someone else is in immediate danger or at risk of serious harm

NHS helpline: 111 option 2 for 24/7 access to crisis mental health support

Samaritans: 116 123, jo@samaritans.org call or chat online, 24/7 emotional support

Shout: 85258, 24/7 free text service for anyone in crisis

Papyrus Hopeline UK: 0800 068 4141, pat@papyrus-uk.org for people under 35 experiencing thoughts of suicide

For more information
and support go to:
linktr.ee/findhelpmh
or scan the QR code

