

My Safety Plan

Sometimes our emotions can be overwhelming and feel too painful to cope with. But we all have the resources within us to recognise that we can overcome these feelings if we know what steps to take.

The following plan will help you reduce your emotional distress and increase your ability to cope when it all gets too much.

What I need to do to reduce the risk of me acting irrationally if I'm feeling mentally unwell:

Recognising early warning signs and triggers of emotional distress:

Become aware of your early warning signs and potential emotional triggers.

Signs: Feeling irritable, becoming increasingly nervous or forgetful, lost motivation, avoiding others...

Triggers: Family arguments, friendships problems, bullying, stress, relationship issues...

My early warning signs are -

My triggers are -

What I have done in the past to help myself?

Remember, feelings pass and you won't feel this way forever.

Think about how you've coped with difficult times in the past.

Coping strategies:



dorsetmind.uk

#LiveLifeMentallyHealthy

How can I be caring and compassionate towards myself?

We often treat ourselves far worse than we would treat a friend.

Remember to be a good friend to yourself. It helps to write down caring things you can say as if you were saying them to someone else: "It's hard to feel this way - try to be kind to yourself" or "It's ok, you'll be ok, you'll get through this, it will pass".

Who can I reach out to?

You may need someone to help support you through a difficult time. Try to identify who this person/people are.

Let them know that you have identified them as being someone you can turn to for support as this gives them the opportunity to discuss their role with you.

This could be a friend, parent or carer, relative or another person you trust.

How can other people help support me?

Write down reminders of the kind of help you can ask other people for. For example, listening to your concerns, checking-in with you, helping you to gain perspective, soothing you, making you laugh or keeping you company.

I will choose something from my self-soothing list and focus on it for at least 20 minutes:

Examples of self-soothing methods:

- Watch a tv/online show you like
- Go for a walk
- Tidy your room
- Take a relaxing bath
- Listen to music
- Focus on your breathing
- Listen to a relaxation or mindfulness exercise
- Use a wellbeing app
- Do something creative
- Talk to someone about how you feel

Kind things I can say to myself

When I need support, I can turn to

What I can ask others to do to help support me:

My self-soothing list

What other things might help me when I'm feeling low?

Professional Organisations that can help me:

If you or someone else is in serious risk of death or injury, call 999 and ask for the police and/or an ambulance.

If you need to talk to someone:

The **Samaritans** offer emotional

support and a listening ear,
24/7, 365 days a year.

- Call them on 116 123 (24hr)
- Or email: jo@samaritans.org

Childline gives help on a wide
range of issues.

- Call 0800 1111, 9am to midnight
- Email them from your online
Childline account

Kooth provides FREE, safe
anonymous support for young
people. Live chat or message
the team of counsellors online.
– Visit kooth.com

Connection 24/7 Phonenumber for Dorset

is a helpline for people of all ages
experiencing mental health issues.

- Call 111 and select 'mental health'
- Or call 0300 1235440

Shout (text service) provides a FREE
24/7 text service for anyone in crisis
who needs immediate help.

- Text SHOUT to 85258

The Mix provides support for under
25s on sex, relationships, drugs,
mental health, money & jobs.

- Call 0808 808 4994
- Text THEMIX to 85258

Dorset Mind, provides a Children and Young People (CYP) mental health service. Support includes 1-2-1 and group support as well as an Active Monitoring (mentoring) service which can be accessed in certain GP surgeries across Dorset.

Visit our website dorsetmind.uk to find out more.