

My Safety Plan



This form is to help you plan for times when you have strong thoughts, feelings or urges to end your life.

There is also space for you to provide information about how people can best support you when you feel this way. Follow the steps below until you feel safe.

This form can be completed by the person experiencing suicidal feelings, or with support from a trusted friend or family member, health care professional, or support worker.

My reason for living is

(Please use this space to write a message to yourself for when you feel suicidal. You may also like to attach a photo to this form and/or something meaningful to you that you can focus on when you feel suicidal).

Contact: Dr Sarah Cassidy, University of Nottingham. **Email:** lp-mhautism@exmail.nottingham.ac.uk **Website:** <https://sites.google.com/view/mentalhealthinautism>



Step 1: What are the warning signs that I / the person I support may start to have strong thoughts, feelings or urges to end life?

(e.g. reduced enjoyment in a strong interest, change in routine, change in patterns of sleep, eating, mood):

Step 2: What I can do to help distract myself/the person I support?

(e.g. engage in a particular activity or interest, a relaxation technique, or physical activity):

Step 3: People I can contact to ask for help (e.g. family, friends, mentor, support worker):

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Step 4: Professionals or agencies I can contact during a crisis

(e.g. Samaritans, Mind, A & E, Psychiatric Services, Police):

Step 5: Making the environment safe

(throwing away things that could be used to harm yourself/the person you support):

Step 6: How can other people help support me? (There are suggestions below and overleaf, please adapt these or add your own if you wish)

How do I communicate distress? (e.g. I shut down, I have a meltdown):

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What stresses me/makes me unhappy (e.g. loud noises, being touched, change of plan, too much information):

What can help calm me? (e.g. a strong interest, a quiet safe place to calm down, just sitting with me, giving me my own space):

***How I would like you to communicate with me
(e.g. don't ask me to look you in the eye, speak softly, use visual supports, use plain English, keep in mind that I may take what you say literally):***

Who I would like you to contact:

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