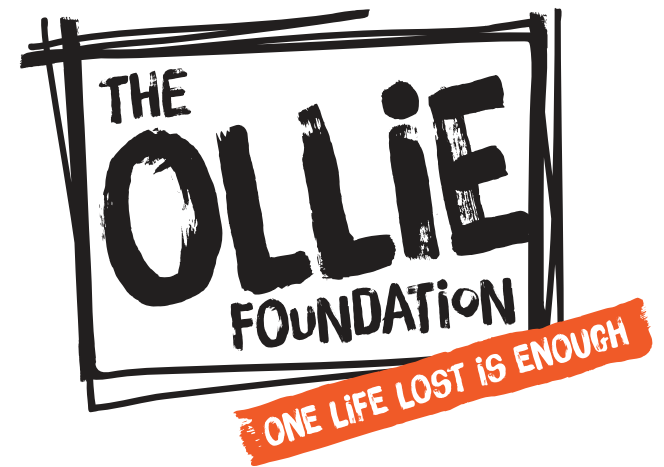


# MY SAFE PLAN



WHEN THOUGHTS OF SUICIDE ARE OVERWHELMING, STAYING SAFE TAKES A GREAT DEAL OF STRENGTH. OLLIE'S SAFE PLAN IS SOMETHING TO USE DURING THOSE CRISIS TIMES. IT'S NOT A CURE TO THE ISSUES AND FEELINGS YOU ARE SUFFERING, BUT IT WILL GIVE YOU THE CHANCE TO SEEK PROFESSIONAL HELP.

KEEP IT NEAR TO KEEP YOU SAFE.

# ABOUT THIS SAFE PLAN

A Safe Plan can play a vital role in keeping you safe when you are feeling distressed or thinking about suicide. Your Safe Plan will remind you of reasons to live, connecting you with people and services who can help during difficult times.

Using written reminders and visual prompts as well as important contact and emergency details, a Safe Plan will help remind you that you are not alone and help is out there to keep you safe.

Every person is different which is why every Safe Plan will be different. To create your own version you should work together with someone you trust – a friend, family member, your doctor or therapist – and fill in the information on the following pages.

Try to do this while you are feeling well and can think clearly, rather than waiting until you are actively suicidal.

Keep your Safe Plan in a place where you can easily find it. Also, either give a copy to someone you trust, or tell them where they can find your copy.

# FIRST THINGS FIRST, MY CONTACTS

If things get too much and I can't distract myself with the self-help measures contained within my Safe Plan, these people can be contacted and I know they will be there for me.

Name

---

Contact number

---

Name

---

Contact number

---

Name

---

Contact number

---

## **STAYING SAFE TODAY MEANS REASSURING MYSELF**

- I don't want to die today.
- I want to stay safe today.
- I want to stay alive for right now.
- I want to give my thoughts and feelings the opportunity to change.
- There are people that want me to stay safe.
- There are people in my life that I love.
- There are animals in my life that I love.
- There are people that can give me hope that things can change.

**I WILL USE THE FOLLOWING PAGES AS PROMPTS TO HELP ME**

## MY DISTRACTIONS

If I'm having bad thoughts what can I do to distract myself?  
Maybe watch TV, read, go for a walk or call a friend.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

## MY SAFETY

If I don't feel safe now and feel I am at risk, how can I get myself  
into a safer situation?

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

## MY SAFETY SUPPORT

If I am unable to stay safe for now alone, I can call these people immediately for help. They will be there for me.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

## MY STAY SAFE RULES

My thoughts may have subsided, but it's important I stay with someone for now to give me support. These people will help.

1. \_\_\_\_\_

2. \_\_\_\_\_

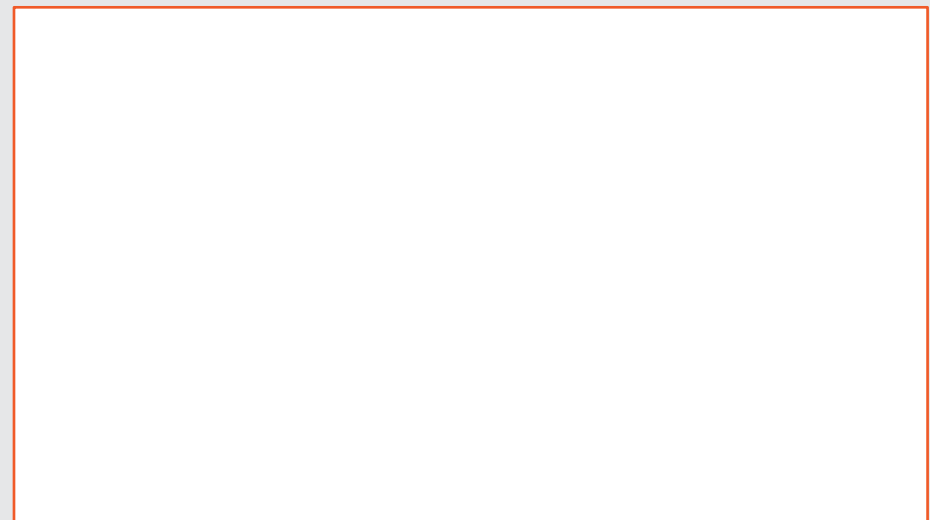
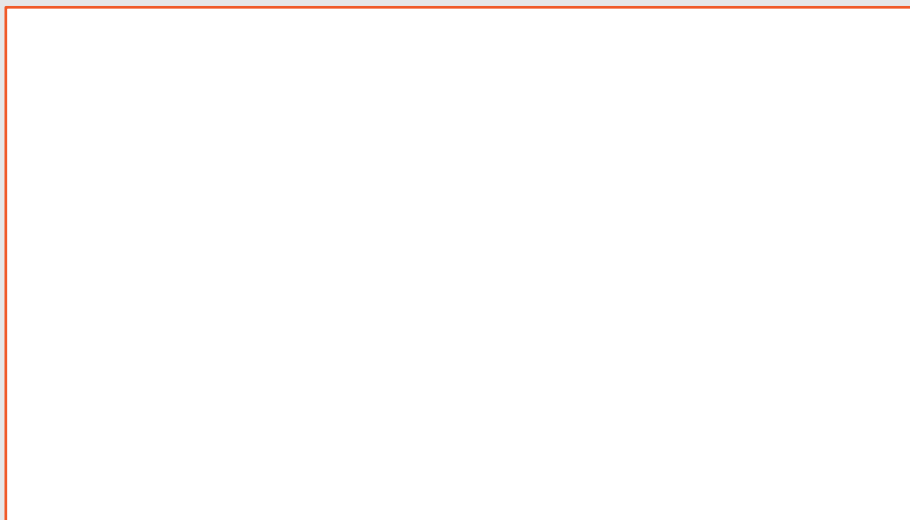
3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

## MY VISUAL PROMPTS

Here are some visual prompts to help or keep me calm when I'm having suicidal thoughts.

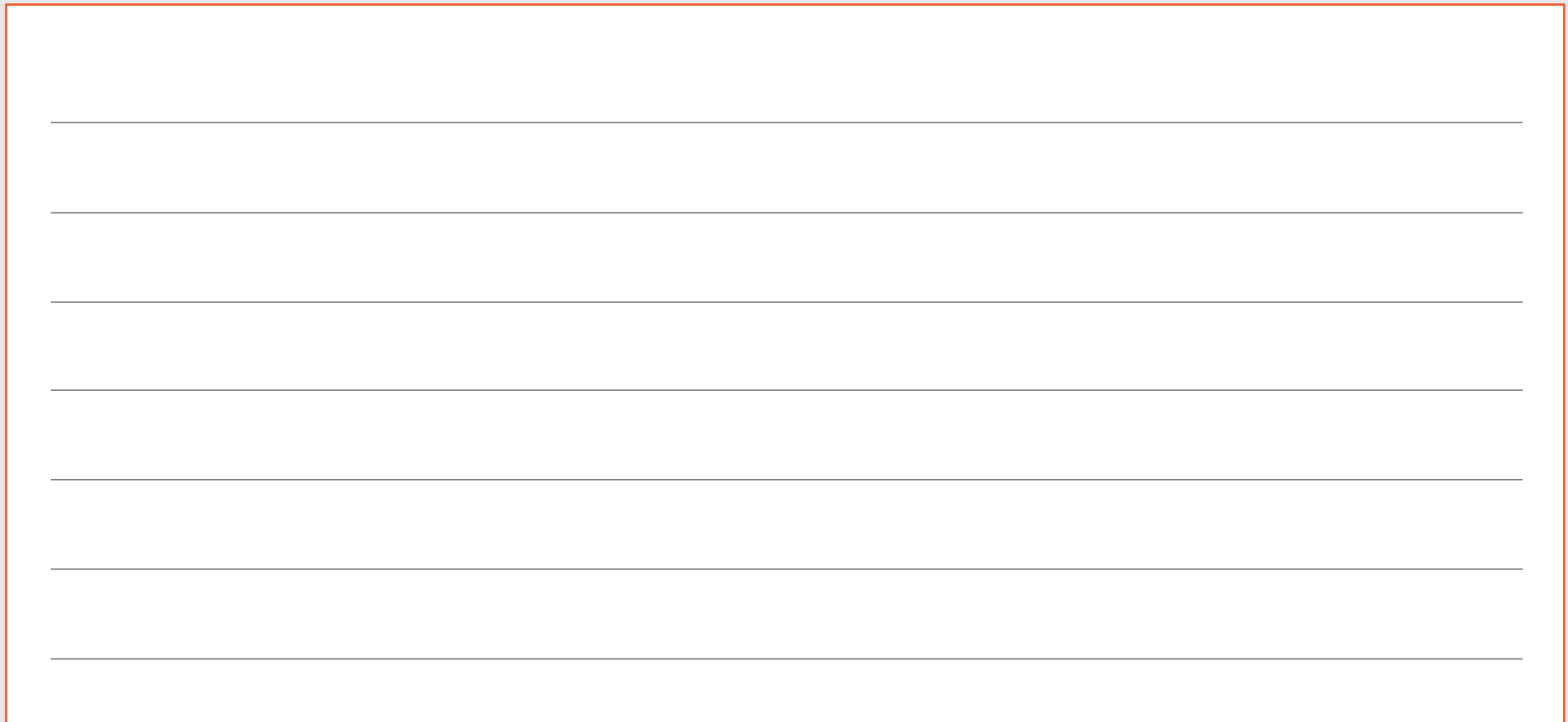


Your visual prompts could include favourite photos, pictures drawn by a loved one, art you like, meaningful phrases, song lyrics, poems, maybe even colours or fabric swatches you find soothing.

# A LIST OF MY REASONS FOR LIVING

**I will refer to this list when I'm feeling troubled or suicidal.**

It will remind me to focus on the positive things in my life – aspects that I may have forgotten. It will give me hope and allow me to see an opportunity for change.



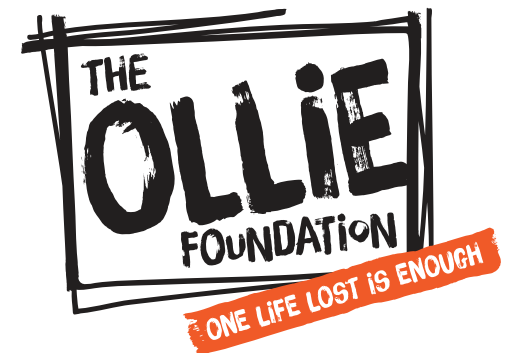
A large rectangular box with a thin orange border, containing eight horizontal lines for writing.



## REMEMBER...

If your distractions have not been effective, choose someone from your contact list and tell them you are having thoughts of suicide.

**If at any time your distress is increasing or your thoughts are worsening, call 999 for emergency assistance.**



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Registered charity number 1167116