

*Helping
you to help
your child*

Self-Harm Safety Plan

A simple plan and guide for parents, carers
and other supporting adults to work through
with their child



Writing the plan can aid understanding for both you and your child

Introduction

Writing a safety plan is a recognised method of reducing risk of self-harm or suicide.

The act of writing the plan is helpful in its own right as it can help your child recognise sources of support and ways to stay safe and help you to understand them better.

The plan can also be helpful in moments of crisis when it is very hard to make good decisions, but somewhat easier to try to follow a pre-agreed plan.

You can also visit stayingssafe.net to create an online safety plan if you prefer.

You are welcome to print/photocopy/share the relevant pages of this document.

Pooky x

Name:

Things that help me get through the next minute

Steps to make my situation safer

Things that help me feel calmer

Things to distract me

People I can talk to or go to for help

Other sources of support

- Samaritans: call 116 123 for free 24/7 www.samaritans.org
- Childline: call 0800 1111 for free for anyone under 19 in the UK www.childline.org.uk

Safety plan supporting notes

When developing a safety plan, remember the following:

1. This is about what works for you, not anyone else. There are no right or wrong answers so if something works, note it down, even if it feels strange or silly.
2. Try to be as specific as possible when you note your ideas down; this will make it easier to follow your plan at times of crisis when you're not thinking very clearly.
3. Be flexible – adapt and change your plan over time, adding new ideas as they come to you and getting rid of anything that you've tried but doesn't work.

Things that help me get through the next minute

List things here that can help you in the moment, when you feel overcome by the urge to self-harm. It can help to think about times in the past when you've felt the urge to self-harm but managed not to. What helped then?

Steps to make my situation safer

What can you do to make yourself safer when you feel the urge to self-harm? For example, you might find that going and being near to other people means you are less likely to hurt yourself or you might take yourself to a room away from items that you use to harm yourself.

Things that help me feel calmer

List things that help you to feel a little bit calmer or that lift your mood. This might include things like mindfulness or relaxation activities, talking to a friend, looking at pictures that make you smile or listening to music.

Things to distract me

Sometimes it can be helpful to try and think about something less distressing for a few minutes. You can do this in any way that works for you; it might include things like playing with a pet, watching videos, going for a walk or talking to a friend.

People who I can talk to or go to for help

It's helpful to think about school and home options here. Who can you go to if you're really struggling and need someone to help you feel safe?

Other sources of support

List any websites, helplines or textlines that you find helpful. Having at least one source of support that is available 24/7 is helpful as you never know quite when you'll need support.

Works Best When

It's important that you find the way that works best for you and your child, but a few things that can really help include:

Please seek
your child's
permission
before sharing
their safety
plan

- Experiment -

Use the safety plan as a way into discussions with your child about what works and what doesn't for them. Revisit the plan and update it with new ideas about what does and doesn't work as your understanding evolves and your child learns new coping skills and strategies.

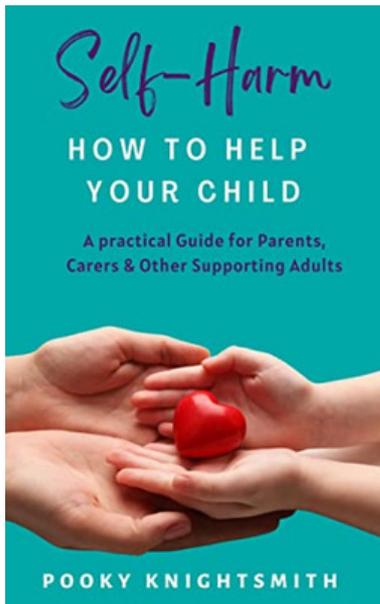
- Carry a copy -

It can be helpful for your child to have a copy of their safety plan to hand to be referred to in crisis moments. This might be a physical copy or perhaps a picture on their phone.

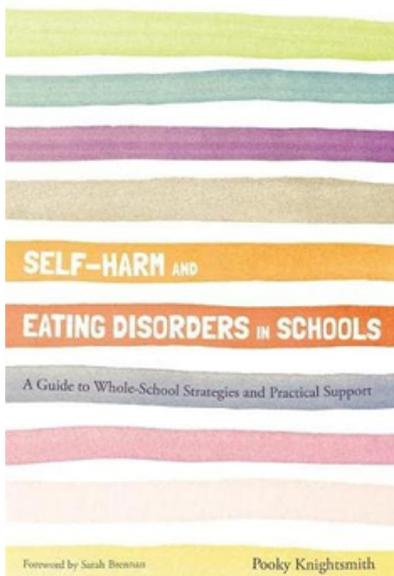
- Share it -

You'll learn a lot writing your child's safety plan with them and the ideas in here can help you to keep your child safe as well as helping your child to help themselves. Consider whether there is anyone else you should/could share it with so they can better support your child.

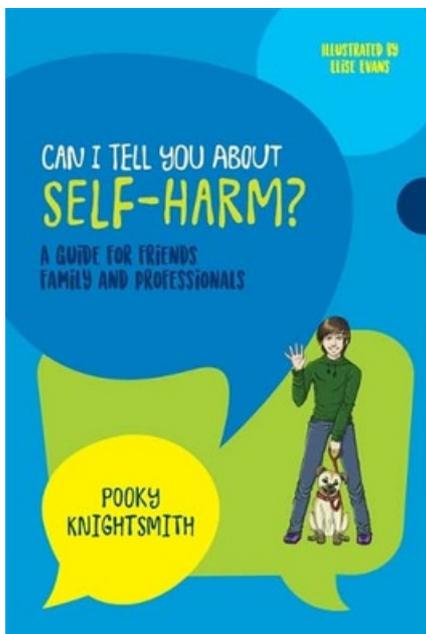
Further reading....



Self-Harm: How to Help Your Child : A practical Guide for Parents, Carers and Other Supporting Adults



Self-Harm and Eating Disorders in Schools: A Guide to Whole-School Strategies and Practical Support



Can I Tell You About Self-Harm?: A Guide for Friends, Family and Professionals

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- Thank You! -

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If you already support me on Patreon, THANK YOU. If you don't, please consider supporting me at patreon.com/pookyh - you'll get instant access to a wide range of guides and videos to help you to help your child and you'll help to fund my future work for you and others like you.



Pooky x

