



Safety Plan

(To complete together with therapist. Keep a copy accessible — e.g. phone, wallet, printed)

1. Warning Signs / Triggers

(What I notice when things are beginning to get worse — thoughts, feelings, behaviours, circumstances)

2. Internal Coping Strategies (what you can do by yourself, without contacting others)

E.g.:

Breathing or grounding exercises / mindfulness / relaxation

Walking, going outside, changing environment

Listening to music / reading / watching something comforting

Writing/journaling / creative activities / drawing / crafts

Any self-soothing routines (warm drink, bath/shower, cozy clothing, rest)

Other ideas: _____

3. External Distraction / Support (people, places or activities that help)

People (friends / family / trusted others):

Name / Relation Contact (phone / email) Notes (when to contact)

Places or safe spaces (safe to go, far from means, calming):

Activities / distractions (help to shift focus or manage distress):

See my article on self care - <https://racounselling.co.uk/2025/12/01/find-the-glimmers-and-the-rays-what-can-i-do-when-i-feel-anxious-and-low/>

4. Professional & Crisis Contacts / Helplines (UK / Sheffield)

Service / Helpline	Contact Info	When to use / Notes
Emergency (if life is at risk)	999 (or go to nearest A&E – Northern General in Sheffield)	If you feel you cannot keep yourself safe / are in imminent danger
Samaritans (24-hour emotional support)	116 123 (free from any UK phone) Sheffield Suicide Support and Prevention+2Mental Health Foundation+2	Anytime you feel overwhelmed, suicidal, or in despair
SHOUT (24/7 text-support)	Text SHOUT to 85258 Heads Together+2Sheffield Suicide Support and Prevention+2	If you prefer texting rather than phoning / outside office hours
Sheffield Rethink Helpline (local 24/7 mental-health support)	0808 801 0440 Sheffield Suicide Support and Prevention+1	Local support for mental health crisis / distress (non-emergency but urgent)
NHS 111 Mental Health Helpline (Sheffield / national)	Call 111 then choose the “mental health” option Sheffield Suicide Support and Prevention+1	If you need urgent mental-health support but it is not an immediate life-threat
Local mental-health crisis team (Sheffield) / local support hub	0114 226 3636 (24/7) Sheffield Futures	For adults (18+) in a mental-health crisis / needing assessment or support

5. Reasons for Living / What Matters to Me (hopes, values, people, pets, future plans ...)

6. Means Reduction / Safety Measures (if relevant)

(Steps to reduce access to anything that client might use to harm themselves: medication, sharp objects, implements, etc.)

7. What to Do If I Lose Control / Feel I Can't Keep Myself Safe / Crisis Escalation Steps

Use internal coping strategies (see Section 2) or external distractions (Section 3).

If still distressed: reach out to a trusted person (from Section 3) and tell them how you feel.

If feelings worsen / you feel unable to stay safe — call a crisis helpline (see Section 4).

If you believe you are in immediate danger: call 999 / go to nearest A&E / ask someone to take you.

Remind yourself of reasons to stay safe (Section 5).