Staying Safe During Suicidal Thoughts

This worksheet is designed to help you plan for the times when you feel that you are in danger of acting on suicidal thoughts. Fill it in as completely as you can, and then keep it somewhere safe. It should be somewhere easy to access so that you can begin it as soon as you feel you need it. The worksheet gives a step-by-step process to work through when you are feeling unsafe. The plan has a clear structure for you to follow, but you will put it into your own words and make it your own.

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| Make a deal with yourself that you will not act on these thoughts immediately but will instead work through this plan step-by-step to reduce your risk. Write this deal simply and clearly in your own words and repeat it to yourself: e.g. *“I will take the time to care for myself today and keep myself safe. I will work through my plan until I feel a bit better.”*  |  |
| Speak to yourself kindly. Write down some caring things to say yourself, perhaps imagining what you would say to a friend who is feeling the same way: e.g. *“It’s hard to feel like this. I should take care of myself. I deserve compassion and self-care.”*  |  |
| Call someone and let them know how you’re feeling. Make a list of people and telephone numbers here, including as many possible sources of support as possible, such as friends, relatives and professionals. If you can, share your completed worksheet with them so that they can help you work through it.  | Samaritans: T: 116 123 E: jo@samaritans.org |
| Take steps to avoid acting impulsively. Write down what you will do to make it harder to harm yourself e.g. *“I won’t take drugs or drink alcohol. I will give my medication stockpile to someone else for safekeeping”* |  |

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| Ask other people for help. Think about what you can ask other people to do to help you, and write these things down i.e. keeping you company, checking in with you periodically, or look after items you might use to harm yourself.  |  |
| Do something to distract and calm yourself for at least twenty minutes. Write a list here of things you might do to self-sooth i.e. watch something funny on television, go for a walk whilst listening to peppy music, work through a mindfulness exercise, take a warm bath.  |  |
| Repeat some statements to yourself which will remind you of how you have coped in the past, i.e. *“This feeling will pass,” “these are just thoughts and I do not have to act on them,” “I have survived so far and I will survive today.”*  |  |
| Write down a place where you can go if you reach the end of this plan and still feel unsafe, i.e. the accident and emergency department of your nearest hospital or a friend who has agreed to be available.  |  |
| Write down anything else which you think will help.  |  |