



Appendix D

Suicide Prevention Support and Safety Plan

A collaboration between The Royal Borough of Kingston,
Richmond & Wandsworth Borough Councils.

Understanding Self-Harm and Suicide
www.richmond.gov.uk/portus



Appendix D Suicide Prevention Support and Safety Plan

Student Name:

Date:

Review Date:

Support Staff:

Support plan interventions:

DSL/MH Lead has completed risk, and strengths assessment

Relevant staff are aware of difficulties and know about support interventions (Give names)

Ability to access supervised safe area when needed (State the safe area)

Ability to access pre-defined pastoral support (State who)

Attendance is supportively monitored to ensure well-being (Explain how and state who by)

Check-in arrangements at regular intervals to monitor well-being (Explain how / when and who with)

Additional support interventions (Explain what)

Measures in place:

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My Safety Plan

01 - This is a plan unique to you, made by you. So, let's explore what might help make you feel safer - you might not know now (that's fine), but thinking about it is a good place to start.

In this section, write what you might do immediately to improve your safety. For example:

- Is there a place you can get to easily where you feel safer?
- What else can you do to improve your safety?
- Can you remove anything you might use for hurting yourself?

My Safety Plan

02 - What makes me feel worse:

(You may recognise some of these below. Also consider how your use of alcohol, drugs or vaping might make you feel worse)

Being on-line/on phone a lot

My parents nag me

School pressure

My friends

People's expectations (career, exams, friendships)

My Safety Plan

03 - What might help distract you from distressing feelings or help you feel calmer? (For example)

Watch my favourite film

Take the dog for a walk

Contacting a friend

Make a Spotify playlist

Crafting/being creative

Read a book

04 - What might help me feel better? (For example)

Listening to music

Meditating

Listen to a mindfulness app

Doing breathing exercises

Thinking about something which calms me

Thinking about a special memory

Looking at my photo album or photos on my phone

My Safety Plan

05 - What are my strengths and how can they keep me safe?

(For example)

What strengths do I have and how might they keep me safe?

What do people who care about me say about me?

Am I creative?

Determined?

Caring?

Do I have faith or any positive statement I can use for inspiration?

How can I use this in my plan to stay safe right now?

My Safety Plan

06 - Things that are good for my well-being and that I can try to help myself...

Being kind to myself

Exercising regularly

Being creative

Learning something new

Making time to relax

Avoiding alcohol and drugs

Getting enough sleep

Eating healthily

Connecting with others

5 ways to Well-being

Find more ideas here

OPEN PDF

https://good-thinking.s3.amazonaws.com/documents/JC0423_CYP_5Ways_Poster_v3b.pdf

My Safety Plan

People who can support me including emergency support...

Name:

Phone Number:

How to contact them

Apps to help me



Calm Harm

A free app providing support and strategies to help you resist or manage the urge to self-harm.



Tellmi

A free app fully-moderated community where you can share your problems, get support and help other people too.

My Safety Plan

Organisations that can help me



Papyrus

HopelineUK

Call:
0800 068 4141

Text:
07860039967

Email:
pat@papyrus-uk.org

www.papyrus-uk.org



The Mix

Essential support for under 25s.

Free short-term counselling service available.

Opening times:
**3pm - 12am,
seven days a week**

Call:
0808 808 4994

www.themix.org.uk



Kooth

Online well-being community. Free 1-2-1 online counselling.

www.kooth.com



Shout

UK's 24/7 Crisis text service for mental health support.

Text:
Shout 85258

www.giveusashout.org



Be Headstrong

Mental wellbeing project for young people offering resources, advice and support.

www.beheadstrong.uk



ALUMINA

Alumina

Free online self-harm support for 11 - 19's.

<https://alumina.selfharm.co.uk/>



Childline

If you're under 19 you can confidentially call, chat online or email about any problem big or small. Free 1-2-1 counselling available.

Call:
0800 1111

www.childline.org.uk



Samaritans

Seven days a week

Call:
116 123 (24/7)

www.samaritans.org



Crisis Line

South West London and St. Georges Mental Health Trust

Call:
0800 028 8000

<https://www.swlstg.nhs.uk/patients-carers/crisis-support/mental-health-support-line>