



My Safety Plan

Getting through right now

Making your situation safer

Things to lift or calm your mood

Things to distract you

People to support you

*List who you can talk to
If you are distressed or
Thinking about self-harm
Or suicide*

Emergency Professional support

Breathing Space: 0800 838587
Samaritans: 01382 832555
NHS24 : 111
Police/Ambulance : 101 / 999

Signed:

Date:.....

Occupational Health:



CONVERSATION STARTERS: TALKING ABOUT SUICIDE

Asking about suicide can save lives, but it can be difficult to know where to start, what to say or how to help. It can be scary and feel risky. You might feel that you are intruding or worry that you'll say the wrong thing.

Evidence shows that talking about suicide **does not** make it more likely to happen – it reduces the stigma, can be a weight off the person's mind and can be the first step towards recovery.

If the person isn't thinking about suicide, they will tell you. If they are, it can be a relief for them and you can play a role in helping them stay safe and reduce their risk of dying.

1. Ask about suicide

Ask directly:

"are you thinking about suicide?"

"are you telling me you want to kill yourself?"

"are you planning to end your life?"

"do you have plans to die by suicide?"

Try to use clear, unambiguous language referring to suicide or death so that there is no confusion about what you're talking about. It also helps to avoid judgements that are implied in statements like:

"you're not going to do anything silly are you?"

2. Listen

"Tell me more...."

"I'm listening..."

"Tell me what's happening for you...."

Listen out for reasons that are meaningful to the person that makes life worth living (often family members, pets, work etc). Encourage the person to talk about those things.

3. Safety planning

"Let's find a way to keep you safe at the moment..."

Reassure them that they can get help

Use the safety plan template to help the person keep safe