

HERE FOR LIFE

PAPYRUS

# SUICIDE SAFETY PLAN

Preventing young suicide. Promoting hope.



# SUICIDE SaFETY PLAN

When thoughts of suicide are overwhelming, staying safe for even 5–10 minutes takes a great deal of strength. This plan is to use during those times. It isn't a plan for how to rid yourself of thoughts of suicide, it looks at staying safe right now so that you can access support for whatever is impacting on those thoughts overall. These thoughts and feelings can change, it doesn't mean you will feel like this forever. Let's concentrate on what you can do right now.



## WHY DO I WANT TO STAY SAFE?

What are the reasons I don't want to die today? Are there people or animals that make me want to stay safe? Do I have hope that things might change? Am I afraid of dying? Do I want to stay alive just for right now?

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Do I have any mental health concerns or symptoms that make it harder to stay safe? How can I help with these?

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## WHAT STRENGTHS DO I HAVE THAT I CAN USE TO KEEP MYSELF SAFE?

What strengths do I have as a person and how might this keep me safe? What do people who care about me say about this? Am I creative? Determined? Caring? Do I have faith or any positive statement I use for inspiration? How can I use this in my plan to stay safe right now?



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## WHO CAN I REACH OUT TO FOR HELP?

If I can't stay safe, who is available to help me? Who has helped me in the past? What helplines or emergency contacts can I use?

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## LONG-TERM SUPPORT PLAN:

After staying safe-for-now from suicide, what longer term support do I want? How might I access this? What do I need to change for my thoughts of suicide to change? Where might I start to get help with this?



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# 0300 102 2470

## HopeLine24/7

If you are thinking about suicide or are concerned about a young person who may be, you can contact HopeLine24/7 for confidential support and practical advice.



**CALL**  
**0300 102 2470**

**TEXT HOPE to**  
**88247**



**EMAIL**  
**pat@papyrus-uk.org**

**papyrus-uk.org**

