



My Mental Health Safety Plan



My Name is:



1. These are the things that will help me right now:



2. These are some of the things that I love in my life:



3. Tell us how you feel when your mental health is not good:



4. These are the good things that help me to cope when I feel like this:



5. These are the people who can help me to feel better:



6. These are the places I like to go to feel better:



7. These are the people who can help me when I am feeling very unwell or very anxious:

Please give their name and telephone number:



8. These are the professionals who can help me when I am feeling very unwell or very anxious:





Please give their name and telephone number:



9. This is how I can make myself and my home safer:





10. If I feel that I can no longer keep myself safe I will:

	<p>11. Useful contacts for me</p> <p>Medical Emergency: If you are seriously ill or your life is at risk.</p> <p>Call 999</p>
	<p>NHS helpline: This is for when you need medical help fast, but it is not an emergency.</p> <p>Call 111</p>
	<p>Samaritans: Provides emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide.</p> <p>Call 116 123 24 hours a day (everyday), or email jo@samaritans.org</p>
	<p>Shout: A text service, free on all major mobile networks, for anyone in crisis 24 hours a day (everyday). It is a place to go if you are finding it difficult to cope and you need immediate help.</p> <p>Text 85258</p>

 <p>PREVENTION OF YOUNG SUICIDE</p>	<p>Papyrus Hopeline UK: For people under the age of 35 experiencing thoughts of suicide, or anyone worried that a young person could be thinking about suicide.</p> <p>Call 0800 068 4141 or email pat@papyrus-uk.org</p>
	<p>CALM Campaign Against Living Miserably for men who are down or who need to talk, find information and support.</p> <p>Call 0800 58 58 58 5pm to midnight every day or webchat at www.thecalmzone.net</p>
	<p>Childline: Free, private and confidential service for anyone under 19 where you can talk about anything.</p> <p>Call 0800 1111 or email or chat via www.childline.org.uk</p>
	<p>SANEline: Helpline offering specialist emotional support, guidance and information to anyone affected by mental illness, including family, friends and carers.</p> <p>Call 0300 304 7000 4.30pm – 10.30pm daily</p>

	<p>Switchboard LGBT+ helpline: Switchboard provides a one-stop listening service for LGBT+ people on the phone, by email and through instant messaging.</p> <p>Call 0300 330 0630 email chris@switchboard.lgbt Webchat 10am – 10pm daily at www.switchboard.lgbt</p>
	<p>Silverline: Free confidential helpline providing information, friendship and advice to older people, open 24 hours a day.</p> <p>Call 0800 470 80 90</p>
	<p>Valued Lives: Supports people who are experiencing mental or emotional distress in Cornwall.</p> <p>Call 01209 901438 5.30pm – midnight every day</p>
	<p>Mental Health Matters: For anyone already under the care of Community Mental Health Teams, and your mental or emotional state quickly gets worse, you're in crisis or despair, or you're worried about someone else.</p> <p>Call 0800 001 4330 5pm – 9am weekdays and 24 hours weekends/bank holidays</p>

 <p>GP Surgery</p>	<p>12. My GP Phone number:</p>
	<p>Other phone numbers:</p>

Easy read made by the CHAMPs Team,
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