

# My safety plan

## Immediate plans

To look after myself, what needs to be done now? And in what order?

- 1.
- 2.
- 3.

## Future safety

How will I recognise if I am in need of support again and what signs should I look out for in the future?

If I notice these signs in myself I will....

talk to:

go to these places I feel safe:

remember these things and people who have helped me in the past:

calm and comfort myself by:

keep myself within my safe alcohol/drug limit by: (please define your safe limit)

distract myself by:

## Contacts

24 hour contacts: **Samaritans: 116 123**

Evening and weekend support: **+44 (0) 808 238 0077**  
Nightline: **+44 (0) 207 631 0101**

My GP:

Other numbers:

**If you feel like you are at risk of hurting yourself, do not hesitate to go to A&E or call 999. The nearest A&E to UCL is UCLH on Euston Road.**