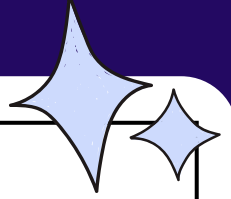
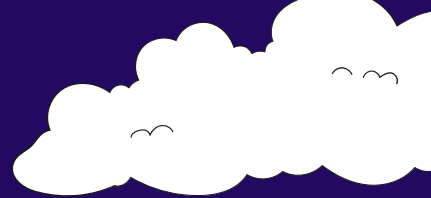


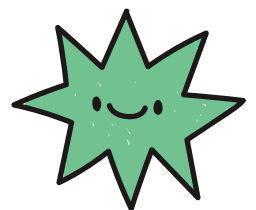
SELF HARM SAFETY PLAN



What warning signs/triggers are there that make me feel more out of control?	
What have I done in the past that has helped? What coping strategies do I have?	
What will I tell myself as alternatives to intrusive thoughts?	
What will I do to help calm and soothe myself?	
What are my three distractions when I want to self harm?	
What could others do that would help?	
Which adult will I talk to if I need help?	

IF YOU FEEL OVERWHELMED, OR LIKE YOU WANT TO HURT YOURSELF, YOU CAN:

- **TEXT SHOUT TO 85258**
- **CALL HOPELINEUK ON 0800 068 4141**
- **CALL THE NHS ON 111 AND SELECT OPTION 2**
- **CONTACT CHILDLINE BY CALLING 0800 1111**



IF YOU HAVE TAKEN AN ACTION TO END YOUR LIFE, OR YOU OR SOMEONE ELSE IS SERIOUSLY HURT, THIS IS AN EMERGENCY. YOU SHOULD:

- **TELL AN ADULT YOU TRUST**
- **CALL 999 AND ASK FOR AN AMBULANCE**