

Name:

Date: / /

# Safety & Coping Plan

My warning signs:

*The first signs that I am starting to struggle*

Things I can do to help:

*What things can I do to keep myself safe?*

Things that other people can do:

*What things can my family/carers do to keep me safe?*

Name:

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People who I can contact:  
*Who can I talk to for extra support?*

- My Family/Carers & Friends:
- My CAMHS Care Coordinator:
- The Duty CAMHS Clinician: 0203 222 5600
- My GP/School Contact/Social Worker:
- City and Hackney Crisis Helpline: 0208 432 8020 (24hrs)

Extra resources that may also help:

**MindShift**

<https://www.anxietybc.com>

**MoodTools**

<http://www.moodtools.org/>

**Young Minds**

[www.youngminds.org.uk](http://www.youngminds.org.uk)

Helpline: 0808 802 5544

**Samaritans**

[www.samaritans.org.uk](http://www.samaritans.org.uk)

Helpline: 116 123 (24 hrs)

**Childline**

[www.childline.org.uk](http://www.childline.org.uk)

Helpline: 08001111 (24hrs – 18 years and under)

My Safety and Coping Plan will be signed and kept by:

*Signed by Young Person*

.....Date .....

*Signed by Parent/Carer*

.....Date.....

*Signed by Clinician*

.....Date.....

***If I feel very unsafe and struggle to cope I know I can go to A&E at any time.***

***If I can't manage to get to A&E safely I know I can call 999 at any time.***

# For Clinician Consideration

## safety strategies:

*what strategies can you or the young person implement*

- Distraction or activities to increase mood (*music, film, etc*)
- Contact trusted others (*friends, family members*)
- Delaying harm (*put harmful objects out of reach etc*)
- Harm reduction (*using clean blades*)
- Removal of dangerous objects
- Identification of hopeful thoughts or future plans
- Supervision

## sharing the safety plan:

*who needs to or would benefit from knowing the young person's safety plan*

1. Parent or Carer
2. Care coordinator

## timing of the safety plan:

*be aware of the right time to implement safety plan strategies*

Use of timeline graph to identify with young person time between first thoughts of harming self and when they act on these thoughts, to highlight the gap in which they can implement some of the above strategies.