

Recovery

What do you need to do and what do you want from others as you move towards recovery? *Insert text in this box, for example: be careful not to do too much too soon, take time in your day for yourself, and avoid stressful situations.*



SUICIDE SAFETY PLAN (SSP)

SSP Guidance

This is your Safety Plan and is designed to support and help you deal with the difficult feelings and emotions you may be feeling now or in the future. It is an aid to help you to reach out to others in times of crisis when you're having thoughts of suicide.

You may find it helpful to work with a professional who can support you to fill out this safety plan. You may prefer to complete your safety plan with your partner, friend, family member, or on your own, any way is ok but please complete it.

If it is possible, try to complete your Safety Plan at a time when you are feeling well and when you have time to fill it out in detail. Think about your answers, find out all the information you need, so you will be prepared if you enter a crisis period. It is our hope that knowing you have this plan in place may make you and others in your life feel more confident about having the support you need in a crisis.

Please work through all the sections, starting with “Warning **Signs**” and for each section, enter your own tailored response. Everybody’s response will be different in terms of the things that they find helpful, so your safety plan will be unique to you and it may only make sense to you – that’s ok. For each section there are some examples in each text box to help you think about your answers.

If you are using the safety plan on a portable electronic device and for safety and privacy please make sure your device is password or pin protected at all times.

Warning Signs

Think about the triggers which may impact on you feeling emotionally distressed. Write down any thoughts, feelings and images which may suggest you could be at risk of entering a crisis. *Insert text below, for example: I start to feel stressed, I can't sleep, I have thoughts of suicide. Think about what you have learned from the last time you felt this way.*

Reasons to Live

It's important to remind yourself of all the positive things about life and why it's worth staying alive. These reasons will be unique to you. *Insert text below, for example: things that make you happy in your life, things that give your life meaning, reminding yourself that things can change, what do you hope to achieve in the future (short and long term) etc.*

Reducing Risk

What practical things do I need to do to reduce the risk of me acting on suicidal thoughts? *Insert text below, for example: remove stockpiles of medications, reduce access to alcohol/medication, throw away blades, put any harmful things I could use to harm myself in places which requires effort to retrieve, leave the house.*

Supportive People

Think about the people in your life that you feel comfortable reaching out to for help, and write down their names and contact details. *Insert text in this box, for example: names, phone numbers and/or email addresses*

Coping Strategies

What has been helpful to you in the past? Are there things you can do now to help comfort yourself and stay calm through this time? How do you self-soothe? *Insert text below, for example: I can write down my thoughts and feelings, I can phone a friend, I can create some art as this helps me relax.*

Places for Distraction

This could mean any place that you can get to easily and that would help you to feel safe and calm. These places will be different for everyone. *Insert text in this box, for example: a friend's house, crisis centre, art gallery, library or 24-hour supermarket.*