



## Self-harm safety plan

*Remember – these feelings will pass. You got this, keep going!*

What are the warning signs or feelings that I might self-harm?

Is there anything I can do right now to keep myself safe?

What coping strategies would I like to try now?

If your best friend was feeling like this, what would I say to them?

What would calm me down right now or be helpful?

What is one thing that is important to me and would stop me hurting myself right now?

Who can I speak to and ask for help right now? Who can I call that will distract me?

Friend

Teacher

Family member

Helpline

Where is my safe place? How can I get there safely? What do I need to take with me?