



# The Lighthouse - Safety Plan

*If you sometimes struggle with suicidal thoughts, complete the form below. When you are feeling suicidal, follow the plan one step at a time until you are safe.*

*Feeling suicidal is the result of experiencing extreme pain and not having the resources to cope. We therefore need to reduce pain and increase coping recourses.*

***These feelings will pass – Keep the plan where you can easily find it when you'll need it.***

What I need to do to Reduce the risk of me acting on the suicidal thoughts:
What warning signs or triggers are there that make me feel more out of control?
What have I done in the past that helped? What are my ways of coping and how can I calm and soothe myself?
What I will tell myself (as alternative to the dark thoughts):
What would I say to a close friend who was feeling this way?
What could others do that would help?
Who can I call?
A safe place I can go to is:



**If I still feel suicidal and out of control:**

- I will go to the A&E department**
- If I can't get there safely, I will call 999**