



How to make a Mental Health Safety Plan



A Mental Health Safety Plan can play a vital role in keeping you safe when you're feeling down or distressed. It can also be a way for you, or your loved ones supporting you, to plan how to communicate or check-in with each other going forwards.

Tips for creating a Mental Health Safety Plan

Work with a trusted family member or friend, or a professional to develop a Mental Health Safety Plan. It is helpful to involve important people around you, as they need to know how best to help and care for you.



Try to find a time when you're feeling well, calm and clear-headed, rather than when you're down or distressed.

Write your safety plan down and keep it in a place where you can easily find it when you need it.

Your Mental Health Safety Plan should include:

My Triggers



My Stay Safe Rules



My Safety Support



My Visual Prompts



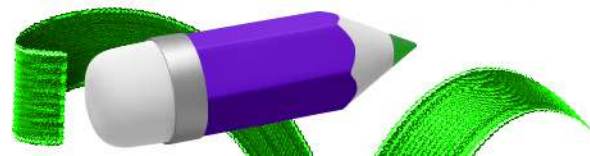
My Distractions



My Reasons to live



My Safety



Identifying my Triggers:

Understanding and identifying possible triggers around me; at work, at home, or in my immediate environment, that may cause intense emotions or feelings. Being aware of them can help me to formulate a plan or techniques on how to manage them.

Some...

1.	6.
2.	7.
3.	8.
4.	9.
5.	10.

My Safety Support:

If things get too much, these people can be contacted and I know they will be there for me.

Name:	Name:
Relationship:	Relationship:
Contact Number:	Contact Number:
Name:	Name:
Relationship:	Relationship:
Contact Number:	Contact Number:

My Distractions:

If I am having bad thoughts or I feel down, here's a list of things that can distract me, or make me feel better. (Example: going for a walk, sitting outside, listening to music, watching my favourite movie, phoning a friend, journaling, etc.)

1.	6.
2.	7.
3.	8.
4.	9.
5.	10.

My Safety:

If I don't feel safe now and I feel at risk, how can I get myself into a safer environment? Where can I go that I can be with someone I trust? Or where can I go that helps me feel safe? (Example: go to someone else in the house, go next door, visit my friend, visit a family member, etc.)

1.	6.
2.	7.
3.	8.
4.	9.
5.	10.

My Stay Safe Rules:

My thoughts of distress might have subsided, but it's important I stay with someone who can give me support or help make sure I am not alone. Here are some people who I can spend time with to feel less alone.

1.

2.

3.

4.

5.

My Visual Prompts

Here are some visual prompts (pictures, photos, drawings, art, song lyrics, poems, colours, quotes) to help keep me calm and bring me joy.





Remember...

If you still feel down or have thoughts of suicide or are at risk, please call someone from your contact list and tell them you need help.

Or contact a counsellor at SADAG

0800 567 567

(24 hours, 7 days a week)

SMS 31393

and a counsellor will call you back

087 163 2030

Whatsapp Counsellor Chat Line - open 7 days a week, 8am - 5pm

www.sadag.org

SADAG website

There is always help
- you are not alone!

