Crisis plan example 1

## List 3 people you can call if you are feeling suicidal

| Name | Phone number |
| --- | --- |
|  |  |
|  |  |
|  |  |

## List 10 things you could do to help yourself

|  | For example, call the Samaritans |
| --- | --- |
| 1 |  |
| 2 |  |
| 3 |  |
| 4 |  |
| 5 |  |
| 6 |  |
| 7 |  |
| 8 |  |
| 9 |  |
| 10 |  |

Crisis plan example 2

| Who can help me and how? | Who can I call?  Friend  Professional  Helpline | What would I say to someone else in my situation? |
| --- | --- | --- |
| Where can I go that I feel safe? | What have I done before that’s worked? | If the suicidal feelings won’t go away, what should I do?   * Go to A&E * Call 999 |
| What can I do to distract myself? | What things make me feel worse that I should avoid? | Any other helpful thoughts, ideas |