

## Safety Planning - what's it all about?

At any time, things can go badly wrong, something can happen and it's as though the bottom has fallen out of our world. A relationship can end, a job can be lost, a family rift or perhaps someone dies. Sometimes more than one of these things can happen, and we can be overwhelmed or perhaps the problem isn't a big thing, rather lots of little things seem to gang up on us, making life very difficult.

This can lead us to feeling pretty bad, distressed and anxious and this can be accompanied by a lot of negative thinking about ourselves and our importance in the world.

The first thing to say is that, no matter what, you are important and valued and we want to be by your side if you are struggling, but we also know that making a Safety Plan can really help.

You can do this alone or with others to help and support you (maybe a zoom get together?).

The plan is intended to help us all remember the good things about our lives as well as who can assist us, so that if things get tough, it will help us through.

Safety Planning has now been recommended for all NHS staff, so in creating one, you're in good company!

So here are some questions to think about, make notes on and maybe even turn into a project?

1. If things are feeling bad how can I get through it right now?
2. What can I do to make my situation safer?
3. What things can I do to lift or calm my mood?
4. What can I do to distract myself from negative or distressing feelings and thoughts?
5. Which people do I have and know to support me?
6. Who are the people I can talk to if I am feeling really bad, and even thinking about harming myself?
7. Which professional services are providing support?



Please remember, if you feel bad, reach out, talk, help is available, together, we can get through this!

Here is an example that might help you work on your own plan:

This is Kenny's plan (names also changed):

If things are feeling bad how can I get through it right now?

Do something practical make a cup of tea or take the dog for a walk, plan for the rest of today and maybe tomorrow, speak to Tom

How can I make my situation safer?

Get in touch with some friends or my mam and dad immediately - let them know how I am feeling, they help me get things in perspective and work out what to do next

What things can I do to lift or calm my mood?

Take the dog for a walk or go for a run, if I'm not well enough for that I could do some mindful meditation to help calm me down and be able to direct my thoughts better, listen to some great music, do some baking, call my friends to check on them and have a chat

What can I do to distract myself from these feelings and thoughts?

Read the sports section of the newspaper, I don't bet but I can mark out who I think will win, do scores and the like and that takes my mind off more negative things, look for practical things that need doing in the house, make a list and crack on, watch a favourite film, plan my food for the next few days

Which people do I have and know to support me?

My mam and dad

The lads from my football club

This isn't many people - I should maybe think about making a few more friends, I'm going to try to do something about that - look for things going on in my area

List the people I can talk to if I am feeling really bad and even thinking about harming myself?

My mam and dad

Hartlepool and East Durham Mind on 01429 2693030 to leave a message or 07377 140 141 to speak to someone - visit [www.hartlepoolmind.co.uk](http://www.hartlepoolmind.co.uk)

Or visit Recovery College or Hartlepool Facebook pages or Twitter Feeds

The Samaritans 116 123 - 24 hours a day

List the professional services providing support?

If I'm worried about hurting myself or anyone else, or if I've done anything about that, then I need to call 999 or go direct to Accident & Emergency

We invite you to go to town with your plan, add photographs and stories, use a box that you can add special letters or postcards or gifts to, throw in your favourite playlist, a special dvd that always makes you smile as well as little promises for things you are going to do like join a local group or volunteer for Age Concern. Good luck and let us know how you are getting on...

You can find out more & access other resources by following this link: [https://www.stayingsafe.net/making\\_plan\\_with\\_jb](https://www.stayingsafe.net/making_plan_with_jb)

Please remember that during Lock Down your personal safety stays a priority  
You do not need permission to protect yourself or help protect someone else.  
If you are in danger from yourself or anyone, please get to a safe place  
as soon as you can, or call 999.



Please remember, if you feel bad, reach out, talk, help is available, together, we can get through this!