

My Care, My Safety Plan



Name:

I want to be known as:

Date Care Plan completed:

My Care, My Safety Plan

My individualised plan to help keep me safe.

This is your My Care, My Safety Plan. This plan will be most helpful to you if you try to describe how things are for you in as much detail as possible. The plan is divided into different sections that look at how to help you increase your self-understanding and safety. We want to support you to find the power to keep yourself safe. The plan also details who and where you can go to if you need additional support.

Try to be specific about every little detail, because the more you understand, the better you will be able to imagine what might help to keep you safe.

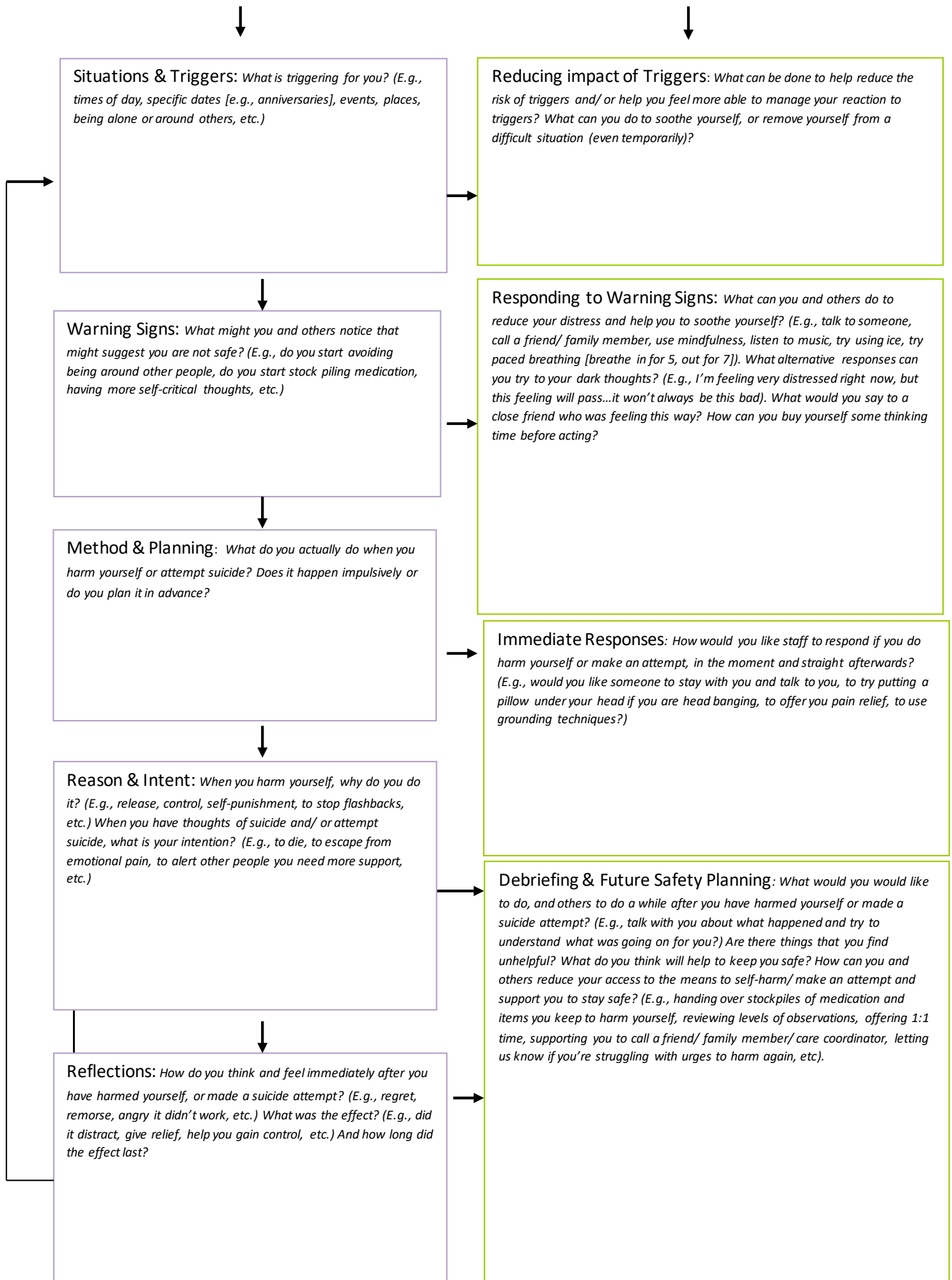
This is your plan. It is confidential to you and your care team, however you may wish to share it with friends and family members. You may wish to complete it on your own, together with a staff member on the ward, with your Care Coordinator/ Lead Practitioner or other member of staff involved in your care, and/ or with your partner, a friend or family member. Often it can be helpful to share this plan with other important people and sources of support in your life, so that they can add to it using their knowledge of you, and also so that they know how best to support you.

My Care, My Safety Plan is designed to be used alongside 'My Care, My Recovery' and 'My Care, My Leave'.

If you completed this plan together with someone else/ other people, please say who they were and their relationship to you, (e.g., key worker on the ward, your partner, etc):

UNDERSTANDING YOUR SELF-HARM & SUICIDE RISKS

INCREASING YOUR SAFETY



Describe ways that you can maintain your safety.

These might be things that you can think about/ remember, say to yourself, do/ do for yourself, do for someone else, etc. (E.g., *Think about alternative healthier ways of coping you have learnt/ developed, ways you have coped before, sources of support, your strengths and resources.* Some examples include exercising, listening to music, caring for pets, meeting with your friends/ family, visualising your safe or calm space, using ice, paced breathing, etc.

My alternative healthier ways of coping are:

My strengths/ skills/ resources are (if you struggle answering this, think about what a loved one/ staff member would say about you):

Things I enjoy doing and/ or things I find it helpful doing (these could be things you used to enjoy, but have stopped doing recently):

Something small and kind that I can do for myself is:

Something small and kind I can do for someone else is & someone I can help with a small act of kindness is:

Imagine a place that makes you feel calm or safe.

This might be somewhere real, somewhere that exists in your life now, a memory of a place from your past, or somewhere you have created in your imagination that makes you feel safe, calm and accepted. Whatever/ wherever your safe place is, it should be somewhere that makes you feel accepted, and not judged or criticised. Describe this place below. You may also find it helpful to create an image of your calm or safe place. Try imagining yourself here and noticing how it feels. Try to remembering that feeling at different times today.

When I am struggling, I can.....

When I am struggling, I can encourage myself by remembering/ thinking about:

When I am struggling, I can hang in there by doing:

When I am struggling, I can talk to/ call (include names and phone numbers):

- Partner/friend/ family member _____
- Partner/friend/ family member _____
- Partner/friend/ family member _____
- Partner/friend/ family member _____
- Care Coordinator/ Lead Practitioner _____
- Ward Team _____
- GP _____
- Samaritans _____
- Other? _____
- Other? _____
- Other? _____

Sometimes talking to a spiritual figure, your pet, or imagining talking to someone who used to be in your life and was supportive, can also be helpful. Imagine what would they say to you if they could?

If I still feel suicidal and out of control, I will:

(E.g., tell staff/ someone straight away, return to the ward immediately, go to A&E (if you are no longer an inpatient), call 999 if you feel unable to get help safely.)

Sources of support & information:

Phone numbers:

NHS Emergency number: 999

NHS Non-emergency number (if your GP surgery is closed): 111

Samaritans (24 hours/ 7 days per week): 116 123

Apps:

Calm Halm

#Stay Alive

Websites:

Mind, The mental health charity: www.mind.org.uk

Rethink: www.rethink.org

Campaign Against Living Miserably (CALM), movement against male suicide: www.thecalmzone.net

The Zero Suicide Alliance, campaign to eradicate deaths by suicide: www.zerosuicidealliance.com

Get Self Help, website containing many self-help tools: www.getselfhelp.co.uk

Suggestions of alternatives to self-harming.

The below suggestions may be helpful to try when you have an urge to self-harm. Usually it's most helpful to try and practise alternative ways of coping when you are feeling calmer. Which alternative way(s) of coping will be most helpful, is likely to be informed by the function of your self-harm, i.e., the reason you harm yourself, as well as how often you practise them. It may help to look back at the section where you described your 'Reason & Intent'.

- Using a red felt to draw on the area you normally 'cut' (to replicate blood)
- Using ice cubes on the skin. These could even be made up with red food dye, which would release a small amount of adrenalin & the red food dye would mimic blood flow
- Flicking elastic bands onto an area of the body where you normally self-harm
- Write it down and rip it up! When you feel the urge to self-harm, try writing down your negative thoughts, urges and feelings onto paper and then destroy the paper.
- Take a cold shower
- Listen to music and dance!
- Exercise; it releases endorphin
- Phone someone
- Take the '5 minute' test. When you feel the urge to self-harm, buy yourself some thinking time by engaging in another activity, ideally seeking support, for five minutes, in the hope that the urge will pass
- Hit/throw pillows and scream into them
- Try putting your wrists under a cold tap and running cold water over them
- Eat something sour, e.g., a slice of lemon or lime
- Smell an intense shocking smell (but not a smell you know triggers you to have a distressing memory), e.g., essential oils