



Foundation



Head 4 Health: My Safety Plan

The below boxes are to help you break down your current problems into smaller chunks with the aim of overcoming these and lifting/ calming your mood when overwhelmed. Write down your best, useful coping strategies below to refer to and use when you're having a bad day and who you can contact to talk to.

Getting through right now

Making your situation safer

Things to lift or calm your mood

Things to distract you

People to support you

List of who you can talk to if you are distressed or thinking about self-harm or suicide

Emergency professional support



Foundation