MINDLER

My Safety Plan

Identifying my red flags/early warning signs – What makes it harder for you to stay safe? It could be places, things, people or experiences. e.g. anniversaries, relationship problems, work stress, changes in health, important life events

My reasons for staying safe – Identify your reasons for living, what keeps you going? What stops you from acting on thoughts e.g. relatives, friends, children, pets, hopes things can get better, future plans. It could be any reason, nothing is too big or too small

Making my surroundings safer – Are there things you could remove from your environment that would reduce the chance of acting impulsively e.g. medication

Activities or things I should avoid – things I know can increase my risk e.g. spending a lot of time alone, reduced activity, drinking or taking drugs, gambling, not telling people how I am really feeling

Activities that I find calming or distracting – things that I know can help reduce my risk e.g. hobbies, relaxation exercises, going for a walk, exercise, puzzles, watching favourite programmes, listening to music/radio, soothing smells, taking a bath or shower, journalling

My support network – who can I call or meet with? Identify friends or family members that you can contact for a chat who help distract you or alternatively people you feel comfortable talking to when feeling low

Professional support numbers - services I can contact if I feel in emotional distress or at risk e.g. Samaritans, 111, GP, midwife, nurse, support worker

Mental Health Support Lines

No matter how difficult things are for you right now, you matter and your life is important. You do not have to carry this burden alone.

NHS 111

To get urgent mental health support, call 111 and select option 2 or visit www.111.nhs.uk

Mind support line

This is a safe space for you to talk about your mental health.
Call Mind's support line on 0300 102 1234.

Samaritans

Samaritans is there for anyone who wants to talk.
You can contact Samaritans 24 hours a day, 365 days a year:

- Call 116 123 (free from any phone)
- Call the Samaritans Welsh Language Line on 0808 164 0123 (7pm–11pm every day)
- Visit some branches in person

SANEline

If you're experiencing a mental health problem or supporting someone else, you can call SANEline on 0300 304 7000 (4.30pm–10pm every day).

National Suicide Prevention Helpline UK

Offers a listening service to anyone with thoughts of suicide. You can call the National Suicide Prevention Helpline UK on 0800 587 0800/0800 689 0880 (6pm to midnight every day).

Campaign Against Living Miserably (CALM)

You can call the CALM on 0800 58 58 58 (5pm–midnight every day) if you're affected by suicide or suicidal thoughts. Or if you prefer not to speak on the phone, you could try the CALM webchat service.

Shout

If you would prefer not to talk you can text SHOUT to 85258. Shout offers a confidential 24/7 text service providing support if you need immediate help.

Papyrus HOPELINEUK

If you're under 35 and struggling with suicidal feelings, or concerned about a young person who might be struggling, you can call Papyrus HOPELINEUK on 0300 102 2470 (24 hours, 7 days a week), email pat@papyrus-uk.org or text HOPE to 88247.

Switchboard

If you identify as gay, lesbian, bisexual or transgender, you can call Switchboard on 0300 330 0630 (10am–10pm every day), email chris@switchboard.lgbt or use their webchat service. Phone operators all identify as LGBT+.