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# My Personal Safety Plan



If you sometimes struggle with intrusive thoughts, complete this personal safety plan.

When you are experiencing intrusive thoughts, work through this plan step by step, until you feel safe.

Remember, you are never alone.

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**Samaritans-** Talk to someone about how you are feeling. You can call freephone on 116 123

**Shout-** Get 24/7 help from a team of Crisis Volunteers by texting 8525

**Mental Health Helpline-** If you're feeling low, anxious or stressed and you think that talking to another person may help you cope you can call 0800 001 4331

**NHS Single Point of Access-** Contact your local mental health care team on 0303 123 4000 or e-mail [spa@nhs.net](mailto:spa@nhs.net) and explain you need to speak with somebody about your mental wellbeing

**GP-** Request an urgent appointment.

**A&E-** You can attend the county hospital if you are feeling unsafe or at risk of harming yourself.



What warning signs or triggers are there that make me feel more out of control?

What do I need to do to reduce the risk of me acting on my intrusive thoughts?

What coping strategies can I use? What has helped in the past?



What I will do to help calm/ sooth myself-

What I will say to myself (as alternatives to my intrusive, dark thoughts) -

What would I say to a close friend if they were feeling this way?



What could others do to help?

Who can I call/ talk to?

A safe place that I can go to -



# Thinking Space

Use the space below to make any additional notes- you may wish to further explore the thoughts/ feelings you are experiencing.

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If you are still struggling to manage your intrusive thoughts after working through your safety plan, and think that you may be a risk to yourself/ others...

**Present at your local A&E Department.**

If you can't make your own way to A&E safely, **call 999.**

If you find that your personal safety plan is not working the way you would like it to, you can make changes to the plan whenever suits you.





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