part of My Group

MYNURVA

My Personal Safety Plan

How I Can Stay Safe

- Take small steps. Wait 10 minutes.
- Remind myself: These feelings will pass.
- Step away from the situation
- Talk to someone
- Calm down with music or breathing

Warning Signs / Triggers

What makes things worse or overwhelms me?

_____

_____

_____

What Helps Me Cope

- Deep breathing
- Listening to music
- Writing it out
- Going outside

What I Can Tell Myself

- I've survived this before.
- This will pass.
- I don't need to act on this feeling.

Safe Alternatives to Self-Harm

- Snap a rubber band
- Hold ice
- Do something physical

Who I Can Talk To or Share This Plan With

Friend/Family: _____

Support person: _____

GP: _____

Safe Places I Can Go

- My room, a park, library
- Public place if home isn't safe

If I'm Still in Crisis

- Go to A&E
- **Or call 999 if unsafe to travel**
- Samaritans: 116 123
- NHS 111