

About me

My name is...

I am years old.

I enjoy...

My Safety Plan

My Hopes

My goals in life are...

A message from my well self:

Checking In

What makes me feel worse when I feel unsafe:

How others will know I am unsafe:

How others will know when I am starting to feel safe and better in myself:

My Wellbeing Actions

What I would say to a close friend who was feeling this way:

Top tips I have for keeping myself safe and well:

Top tips I have for protecting myself:

Getting Support

People I can contact when I am feeling unwell or unsafe:

Their contact number(s) are:

What I can say to people I contact*:

*Share what feels comfortable for you.

24-Hour Support and Apps

URGENT SUPPORT: If you are at immediate risk of harm or require medical attention, please call 999 or go to your nearest Accident & Emergency department at hospital.

24-Hour Services

- **Sussex Mental Healthline** - call for free on **0800 0309 500**
- **Childline** - calls are free and confidential. Call **0800 1111** or go to www.childline.org.uk
- **YoungMinds** - text YM to **85258** or go to www.youngminds.org.uk
- **Samaritans** - call **116 123** for free or use their self-help app



Apps

Calm Harm - provides tasks that can help you resist or manage the urge to self-harm.

MindShift - aims to help you learn how to relax and develop new ways of thinking to help your anxiety.

SAM - an app to support young people to understand and cope with anxiety.

Virtual Hope Box - to support people experiencing a wide range of emotional wellbeing or mental health difficulties, and people who are stressed or having negative thoughts.

#StayAlive - a suicide prevention resource which offers help and support to people with thoughts of suicide, as well as people concerned about someone else.

Breathe - a useful web app to encourage mindful breathing and ease anxious feelings.



Resources and Further Support

Further Support

- Papyrus HOPELine UK - call **0800 068 4141**, text **07860 039967** (9am-midnight) or go to www.papyrus-uk.org
- Sussex CAMHS - access specialist **NHS services** and support for children and young people at www.sussexcamhs.nhs.uk
- e-wellbeing - find **wellbeing resources** and connect with local mental health services at www.e-wellbeing.co.uk
- The Mix (for under 25s) - call **0808 808 4994** for free (11am-11pm) or go to www.themix.org.uk



Resources

National Self-Harm Network: www.nshn.co.uk

Give Us a Shout: www.giveusashout.org/get-help/issues/help-self-harm/

Fill out the SPOA referral form: www.e-wellbeing.co.uk/support

Self Harm Resources: www.e-wellbeing.co.uk/sh-resources

Video from young people about getting support for self-harm:
www.youtube.com/watch?v=V0POgR5lp-0

For Parents/Carers

- **HappyMaps** - find a directory of helplines and resources for help in a crisis at www.happymaps.co.uk/help-directory/help-in-a-crisis
- **Self-Harm Learning Network** - access resources and webinars delivered by YMCA DownsLink Group and West Sussex Mind. Sign up for free here: www.e-wellbeing.co.uk/login
- **YoungMinds Parent Helpline and Webchat** - call 0808 802 5544 or go to www.youngminds.org.uk/parent/parents-helpline-and-webchat (9.30am-4pm Mon-Fri)
- **MindEd For Families** - free learning and resources at www.minded.org.uk/families
- **FamilyLine** - call 0808 800 5678 for free or go to www.familyline.org.uk

Safety Advice - Types of Injury

Below is some practical advice about how to stay safe when self-harming. This includes keeping wounds clean and looking after specific areas of injury. PLEASE NOTE: reading about self-harm can be triggering, so please have someone with you to support you as you read this, or read it at a pace that feels best for you.

If You Are Self-Harming:

- Make sure you're in a space where you feel safe and there are people you trust nearby if you need support.
- Have your Aftercare Toolkit with you - if you haven't created one yet, turn over to find out more about this.
- if you have safer alternatives, make sure you can access these if needed.

Signs of Infection

- Swelling or redness around the injury
- Pus or fluid in or around the wound
- A high temperature (38°C or higher)
- Generally feeling unwell or run down
- Swelling in your neck, armpits, groin or chin

Head Banging

- Use something soft (e.g. a pillow or blanket) rather than a hard surface to avoid severe injury.
- If you think you have a concussion, it's important to seek medical help. Signs of this include:
- A headache that won't go away or isn't eased by painkillers
- Dizziness, feeling and/or being sick, changes to your vision
- Memory loss, feeling off-balance, increased clumsiness
- Unusual behaviour (e.g. becoming agitated or confused)
- Finding it difficult to stay awake

Burns

- Cool the burn by rinsing with cool water for at least 10 minutes.
- Remove clothing or jewellery from the area, unless it is attached to the burn.
- Cover the burn with a sterile dressing or loosely with cling film to help prevent infection.
- Avoid applying creams or lotions to the burn, unless they are specifically to help with burn injuries.
- If you experience any of the symptoms listed in 'Signs of Infection' it's important to seek medical help.

If you or someone else has taken an overdose:

- ALWAYS seek medical help if you or someone else has taken an overdose.
- Taking one tablet over the prescribed amount is considered an overdose.
- You may not feel unwell, however this does not mean harm is not being done.



Safety Advice – Aftercare Toolkit

This safety advice can be helpful for different forms of self-harm, but may not be useful for everyone. If you are struggling with self-harm and need more support, please speak to a professional (e.g. your GP or counsellor).

Cutting – Staying Safe

- If you are cutting, make sure the equipment you are using is clean and sanitised to avoid infection.
- Wash your hands and rinse the injury with clean water or sterile wipes. Make sure there is no dirt or debris in the injury.
- Put pressure on the injury using something clean and absorbent (e.g. a towel or gauze).
- If bleeding doesn't stop after 10 minutes, it's important to seek medical help by calling 999 or reaching out to one of your emergency contacts (written in your Safety Plan).
- Gently dry the injury, apply antiseptic cream, then cover with a plaster (for small cuts) or sterile dressing (for larger wounds).
- Change the plaster or dressing every 12 hours until the injury is healed.

Remember: it's OK to ask for help.

Aftercare Toolkit Example



You may want to include other things in your kit that you find calming, such as essential oils, photos of loved ones, something soft, a fidget toy, or other items that bring you comfort.