my safety plan

1 My warning signs

Things that let me know I might be heading towards a crisis

I feel this way because...

3 Things I can do or places I can go to take my mind off it

5 Moving forward

What I can do to move forward (this can be big steps or small steps)

Things I look forward to...

2 Making my environment safer

4 People and services I can lean on for support

This plan belongs to: .....

This plan was first made on (date): ...../...../.....

This plan will be updated on (date): ...../...../.....

Helpful tip: take a photo of this plan on your phone so you have it with you.

Confidential helplines and webchats/websites

Kids Helpline 1800 55 1800 (24hrs/7days)

eheadspace 1800 650 890 (9am-1am/7days)

Lifeline 13 11 14 (24hrs/7days)

Your CYMHS team and crisis supports:

CYMHS Clinician:.....

CYMHS Phone: .....

MHCall 1300 64 22 55 (QLD - 24hrs/7days)

IN AN EMERGENCY CALL 000
OR GO TO YOUR CLOSEST HOSPITAL

Queensland Government

my safety plan

Example

1 My warning signs

Things that let me know I might be heading towards a crisis

- feeling empty
- can't sleep
- yelling at everyone
- Feeling like life is too hard

I feel this way because...

- I can't see a future
- I feel unlovable
- I can't go back to school after what happened

3 Things I can do or places I can go to take my mind off it

- listen to music
- take a hot shower
- draw
- watch youtube
- watch a TV show
- my friends house
- uncles house
- Just being outside

5 Moving forward

What I can do to move forward (this can be big steps or small steps)

- Try to follow this plan if I am thinking of hurting myself
- Try to talk about my feelings and not bottle them up
- Mum will talk with school about what's going on

Things I look forward to...

- Getting my licence
- My friends

2 Making my environment safer

- Give my meds to someone else.
- Ask mum to hold on to my phone if Facebook is upsetting me

4 People and services I can lean on for support

- Sam (friend)
- Mum
- Uncle Tim
- Rachael (sister)
- CYMHS person
- eheadspace online chat
- 000 if things are really bad

This plan belongs to: Jaime Walker

This plan was first made on (date): 06/08/2019

This plan will be updated on (date): 13/08/2019

Helpful tip: take a photo of this plan on your phone so you have it with you.

Confidential helplines and webchats/websites

Kids Helpline 1800 55 1800 (24hrs/7days)
eheadspace 1800 650 890 (9am-1am/7days)
Lifeline 13 11 14 (24hrs/7days)

Your CYMHS team and crisis supports:

CYMHS Clinician: Emma O'Donnell
CYMHS Phone: .....
MHCall 1300 64 22 55 (QLD - 24hrs/7days)

IN AN EMERGENCY CALL 000
OR GO TO YOUR CLOSEST HOSPITAL

Queensland Government