

What Service Users Have to say About Safety Plans

"Encourages you to be more independent in your own care"

"Makes you think about what would help you"

"Something that's durable"

"I feel like I own it, friendlier"

"Like that you can name who can help you"

"Small, compact, able to fit in your purse or wallet"

"Wouldn't be embarrassed to take it out"

"Reading our own handwriting"

No-one is alone

If you are concerned about your relative/friend emergency numbers are available on the plan. Help can be sought from the following:

G.P.

G.P. Out of Hours

Community Mental Health Team

Crisis Service

A and E In an emergency please contact 999

Lifeline: 0808 808 8000

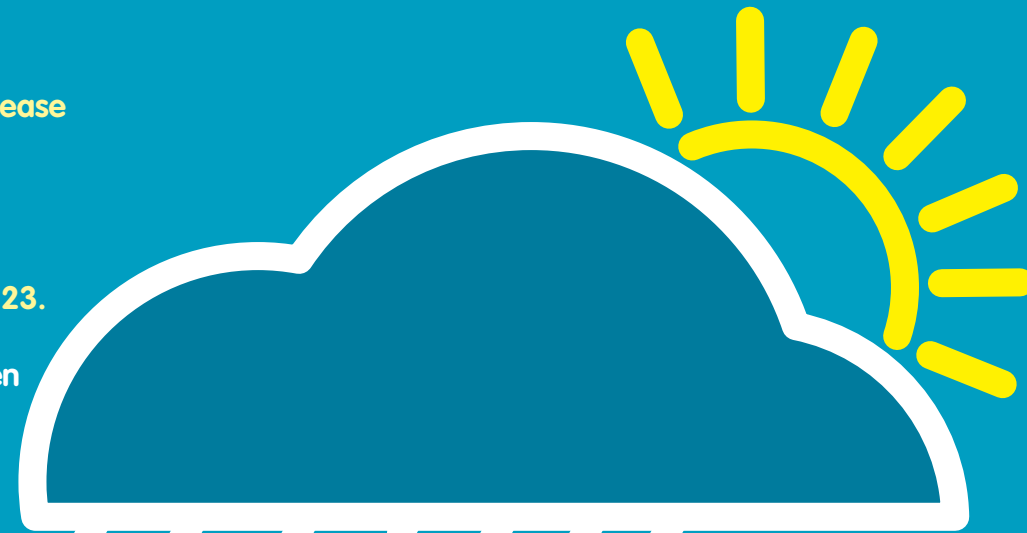
Samaritans: Freephone 116123.

We hope this leaflet has been beneficial and you have a greater understanding on what a safety plan is and the importance of same.

Should you seek further clarification please do not hesitate to contact a member of staff who will help clarify any worries or concerns you may have.

Safety Planning

Information for Friends/Relatives



**Stay strong,
things will get better.
It may be stormy now
but it never rains forever.**

To Relative/Friend

We would like to take this opportunity to thank you for being involved in the safety planning process and to explain in detail its importance. We have obtained consent from your friend/relative to involve you within this process and to share relevant information.

What is a Safety Plan?

Thoughts of suicide can be so overwhelming that it can be really hard to think about what to do or how to get help. A safety plan is a personalized plan that allows the service user to consider difficult or challenging situations and how to overcome these in order to try and prevent things escalating. It produces a step by step process they can follow. The plan should be changed/updated as the person thinks of new things to add or remove which are no longer found helpful.

Who is Involved in a Safety Plan?

A safety plan is completed by the service user, professional and friend/relative in order to develop positive coping strategies that may prevent a crisis.

It will also help you to support the service user as it highlights what help they may need when thoughts of suicide become overwhelming.

Working together in identifying and understanding early warning signs that may be difficult for the service user to overcome and how we can best help them. We feel that families/ friends play an important role in recovery.

Being aware of safety planning and the importance of this, may increase protective factors for the service user and lead to a more open supportive relationship.

What is your role?

The service user, professional and relative/ friend will work together where possible to create a safety plan. If this is not possible, we will liaise with you to discuss the plan and the role the service user wishes you to take within it.

By working together we hope to gather a variety of information to create a unique plan that is achievable and realistic for the service user to follow in times of crisis.

We encourage the service user to bring the plan to any follow up appointments or bring it with them if they are seeking help in a crisis.

It is also helpful if this plan is shared with any other health professionals involved in a service user's care including their G.P.

We appreciate that supporting a relative/ friend through times of crisis and feelings of suicidality can be very difficult. On the back of this leaflet are details of agencies that can help.

Carers assessment linking you to further support can be arranged through any of our staff.



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