

My Support Plan

This plan is there to help you when you need it. Sometimes when we are feeling very overwhelmed and emotional it can be difficult to think clearly. This plan is there to remind you of things that might help you during these difficult times.

We recommend that you complete this support plan with a member of school staff and that you share it with those who are involved in supporting you such as your parent/carer.

Name	
I have completed this support plan in the presence of:	
Date support plan completed:	

Warning Signs

These are things, situations or feelings that I know might trigger me to want to self-harm. (e.g. feeling anxious, experiencing a certain event etc.)

Things in my life that I enjoy

This is a list of things that I enjoy doing e.g. places I like to go to, people I like to see and things I like to do. These are things that I like to think about to boost my mood.



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Things I can do to make myself feel safer

These are the things, places and people that make me feel safe when I'm really struggling? (e.g. go to a safe place, sit with a trusted friend/adult, go out in public).

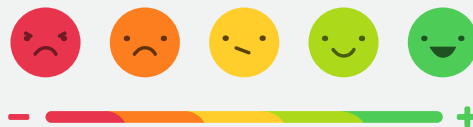
What?

Where?

Who?

Ways that I can manage difficult feelings and emotions

These are the things that have worked for me in the past? Or things that I can practice when I notice the warning signs or things that trigger me? (e.g. listen to music, go for a walk, be with a pet, talk to someone etc.)



Things that I can do to distract myself

When I'm struggling to ignore distressing and difficult thoughts, these are the things I could do to distract myself? These are the things that have worked in the past...

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People I can talk to when I am struggling

Consider when at school and at home.

Who?

When?

How?

Services, resources and websites that can help me

Remember, if you don't feel like you can keep yourself safe, you can go to your GP, out of hours GP, crisis services or A&E for help. These are services or websites that are helpful:

These are the contact details for people/services that I can access if I need help:

School –

Wellbeing Lead/DSL at school –

Other –

The member of staff who provided you with this form can provide you with a list of organisations and charities who can offer all types of support.

Use the space below to write yourself a little note to remind yourself of why this plan is important to you.
