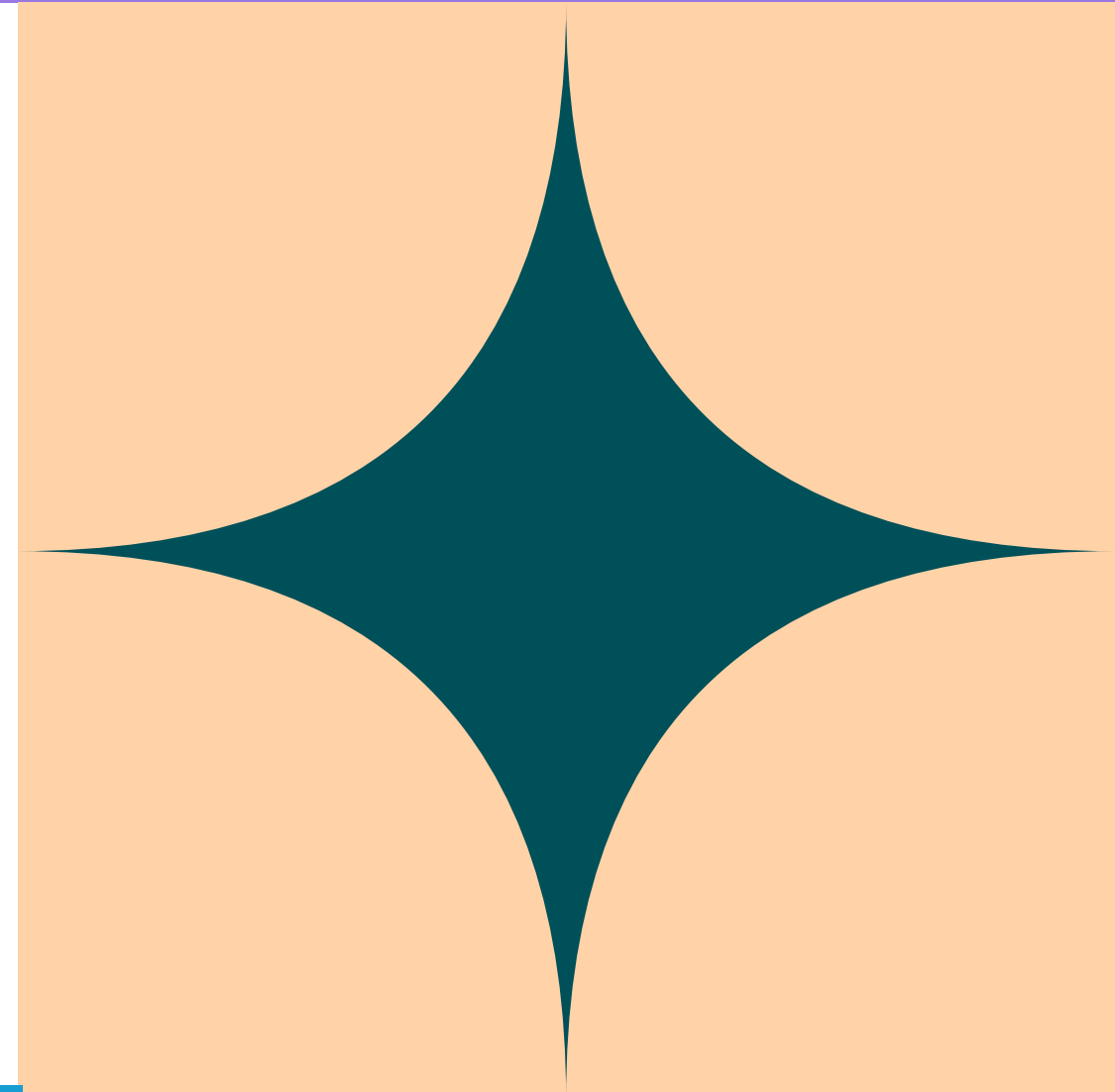


SELF HARM

SAFETY PLANNING

TOOL



Youth



Inspired



01

WHAT GIVES ME HOPE?

02

MY SUPPORTIVE NETWORK

03

MY DISTRACTIONS

04

DEALING WITH STRESS REMINDERS

05

MY TRIGGERS

06

MY URGES

07

KEEPING A DIARY

08

ACCESSING HELP



"Life, at its best, is a flowing changing process in which nothing is fixed."

Carl Rogers

01 WHAT GIVES ME HOPE

What do you enjoy? people, places, foods, things you own and cherish.?

1.

I CAN TALK TO THIS PERSON WHEN I NEED TO DISCUSS MY SELF HARMING

02 MY SUPPORTIVE NETWORK

MY SUPPORTERS

2.

I CAN TALK TO THIS PERSON WHEN I FEEL

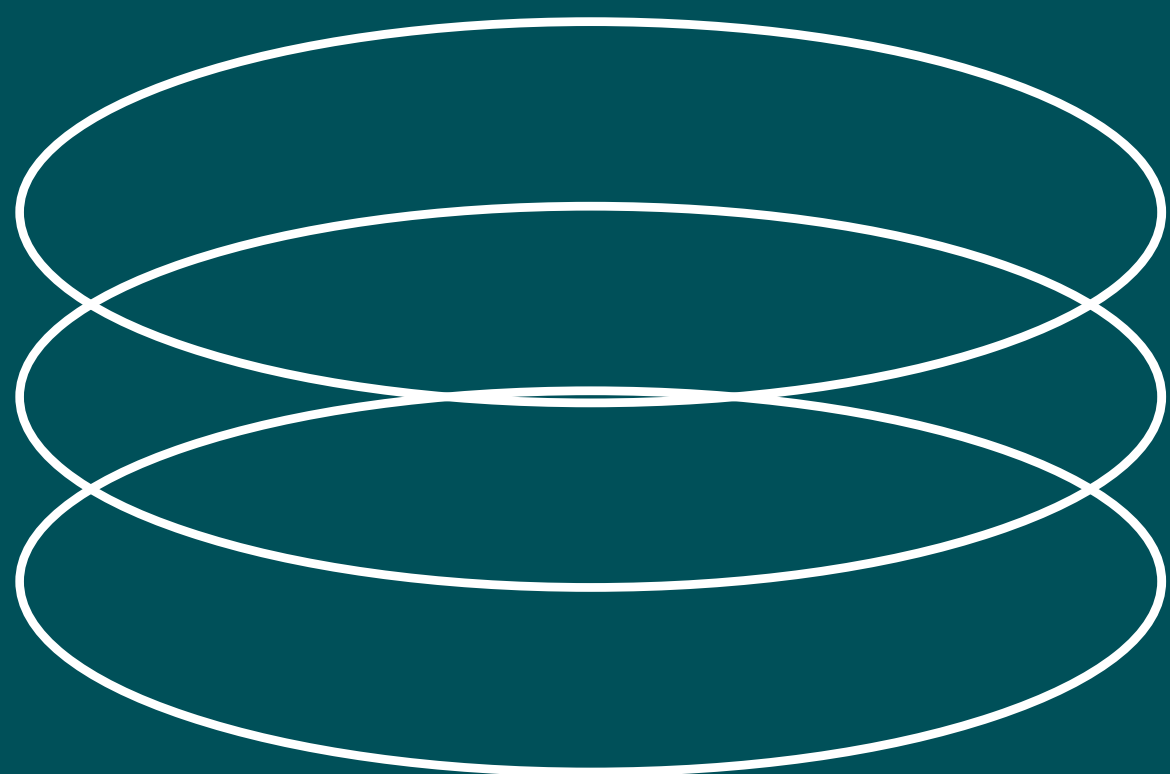
3.



I CAN TALK TO THIS PERSON WHEN I FEEL

4.

I CAN TALK TO THIS PERSON WHEN I FEEL



03 MY DISTRACTIONS

**The urge to self harm is strongest
for 15 minutes**

Lets find some ways to distract yourself from the urge to either prevent or delay the self harming behaviour. Everyone is different so find what works for you at different times when you need it.. Write your best ways bellow.

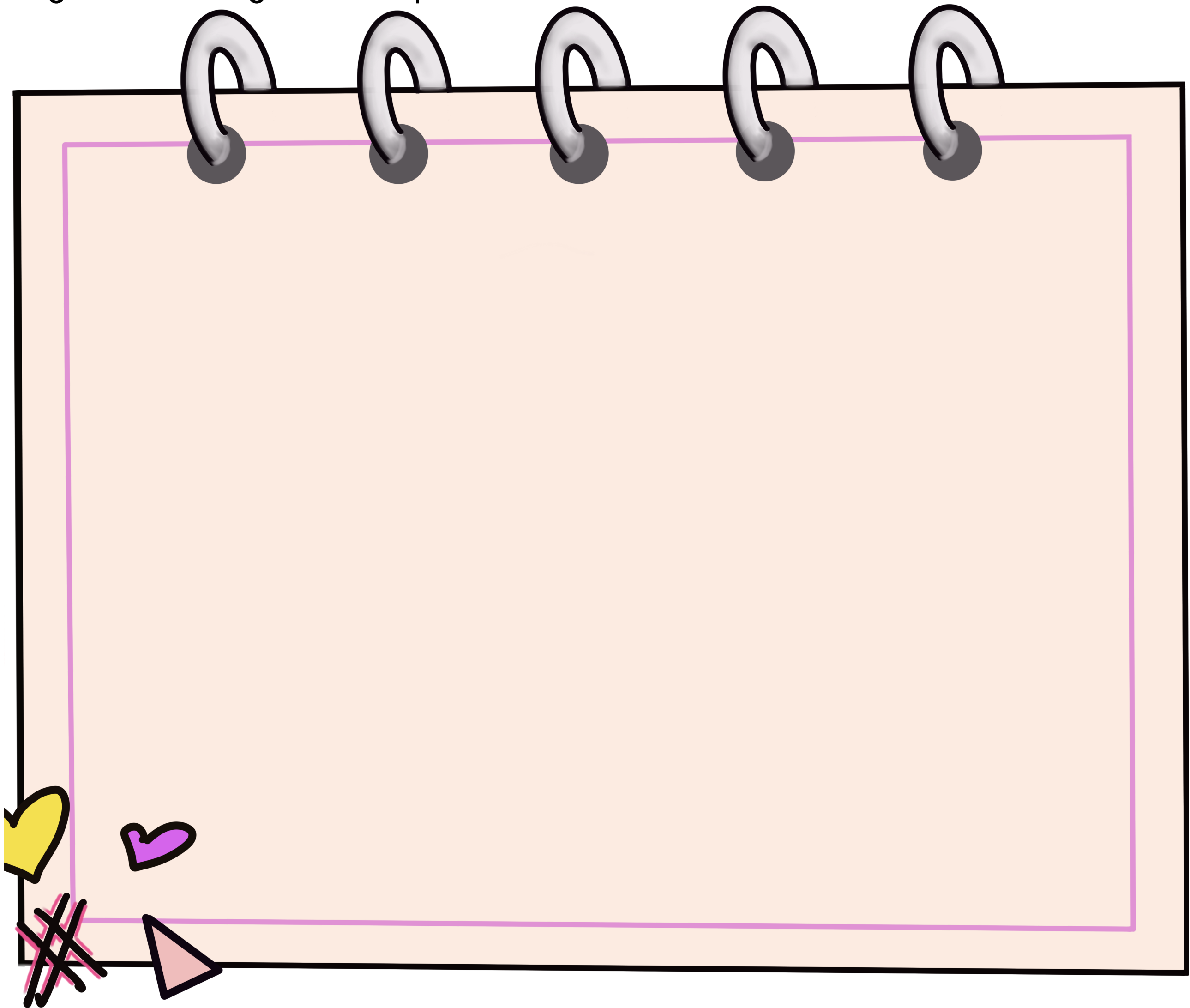
A large, blank, spiral-bound notebook page with a pink border. The page is white with a black outline. At the top, there are five silver spiral rings. In the bottom left corner, there are several colorful icons: a yellow heart, a pink heart, a pink pencil, and a pink eraser.

DEALING WITH STRESS REMINDERS

Stress has been found to be one of the biggest factors in people's lives who use self-harm as a coping strategy. When we are faced with some of life's challenges all at once, we can become extremely overwhelmed and this can feel seriously unpleasant. That loss of control can make us feel trapped or weighed down and we search for ways to release the pressure. A good place to start to regain control is by listing some of the jobs, issues or tasks that need to be addressed. Next, you can break them down into small achievable tasks. This allows us to look at our progress and we can see an end point; and breathe easier.

Meditation, mindfulness, and breathing techniques, playing games, exercise and talking to someone you trust are all tried and tested ways that people deal with the energy that can build up in their bodies.

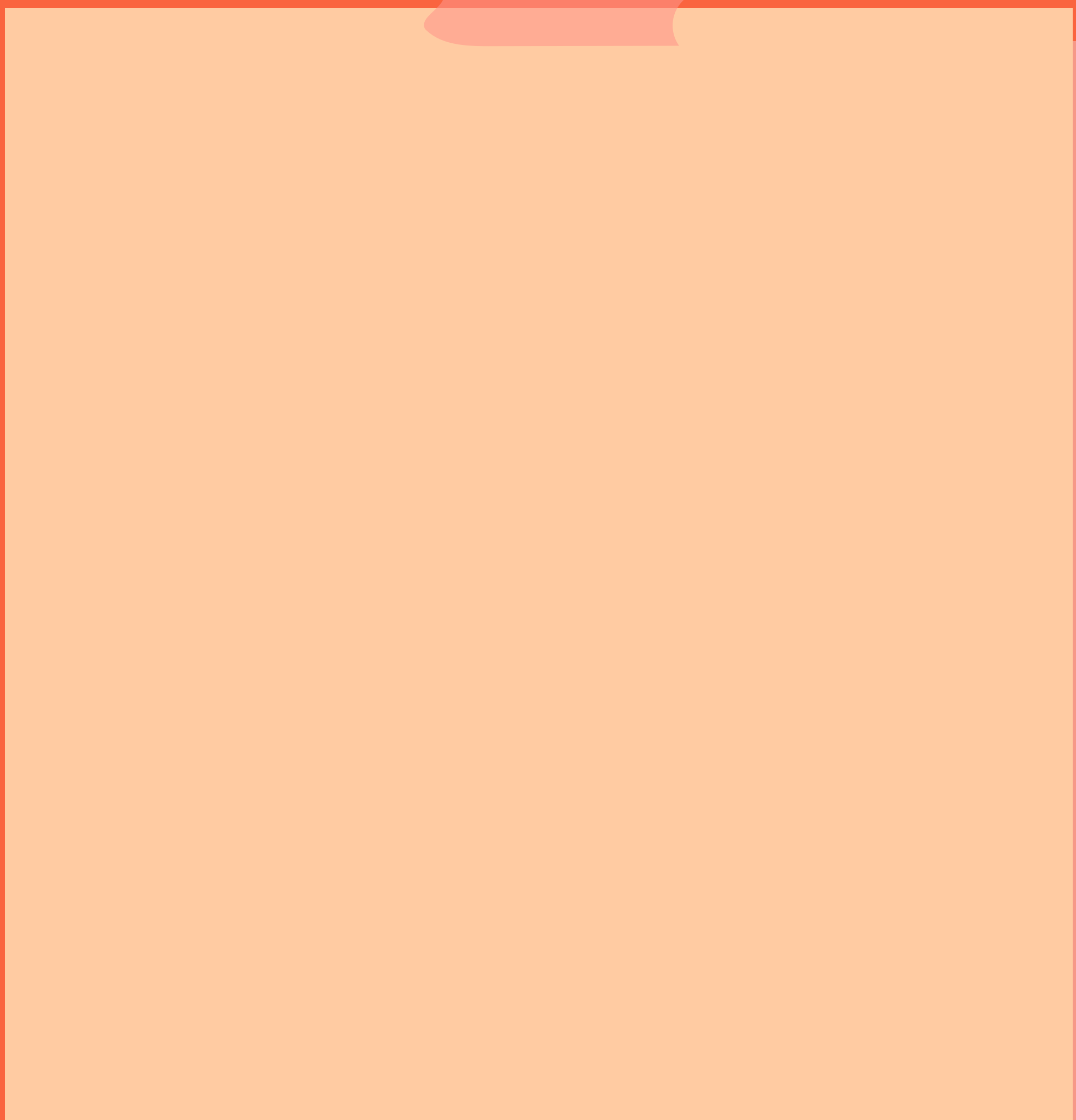
Everyone is different so let's try out some different ways of coping and write your techniques below. It can be difficult for us to think straight during times of stress due to increased stress hormone flooding the area of the brain used for logical thinking, so it helps to have these tried and tested reminders handy.



05 MY TRIGGERS

Triggers are what creates the urge to hurt yourself. Triggers can be people, dates or anniversaries, thoughts or feelings that create strong emotions.

Using the diary described on page 9 of this booklet will help you to identify what your triggers are. Keep a note of any triggers that you can identify in your own life.



06 MY URGES

Urges are impulses that may feel like sadness, anger, repetitive thoughts, feeling disconnected; and make you want to engage in behaviours that may not align with who we are, they may be destructive or dangerous.

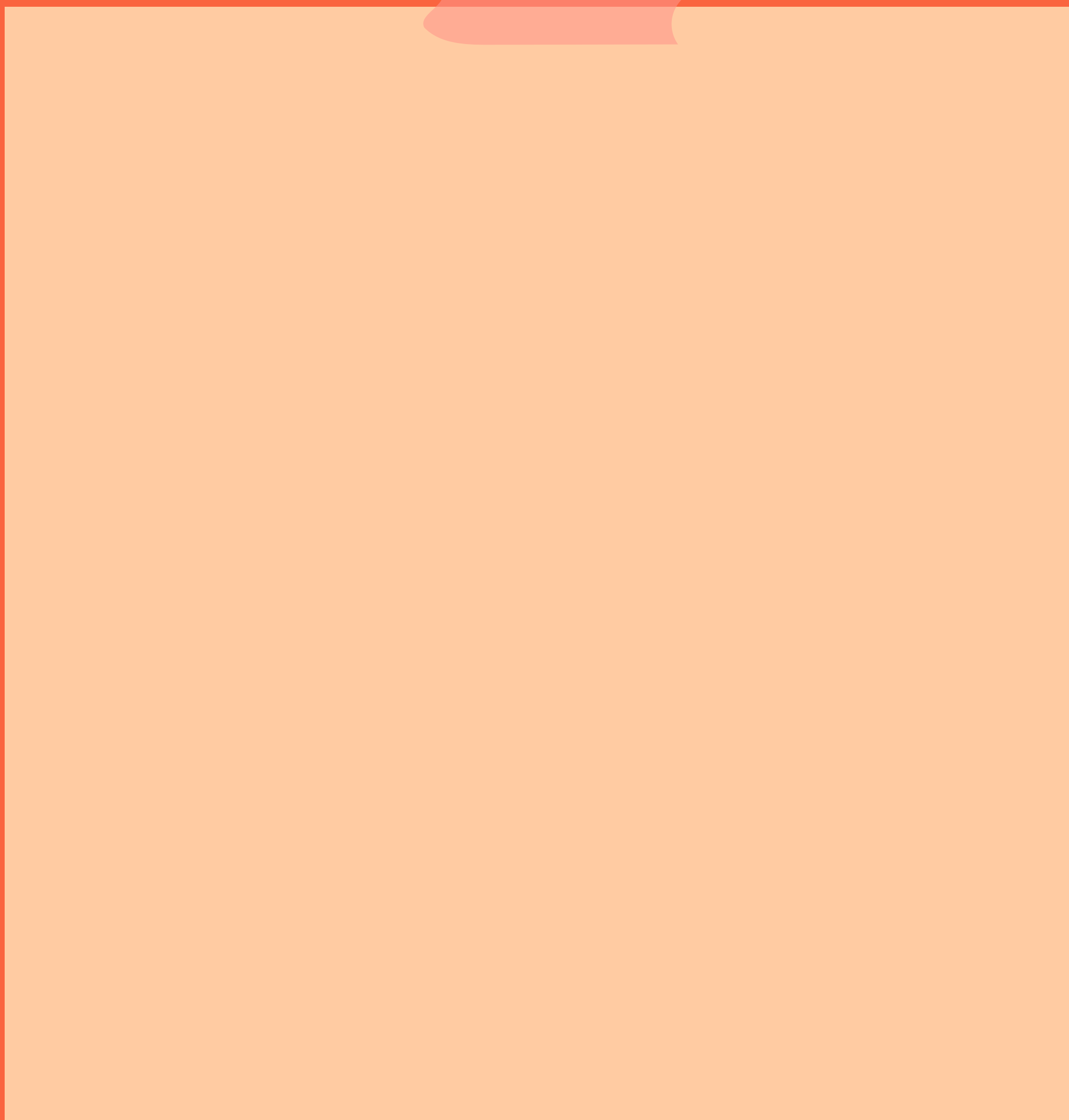
Being able to identify them can help you to spot them quickly over time.

What does the urge feel like?

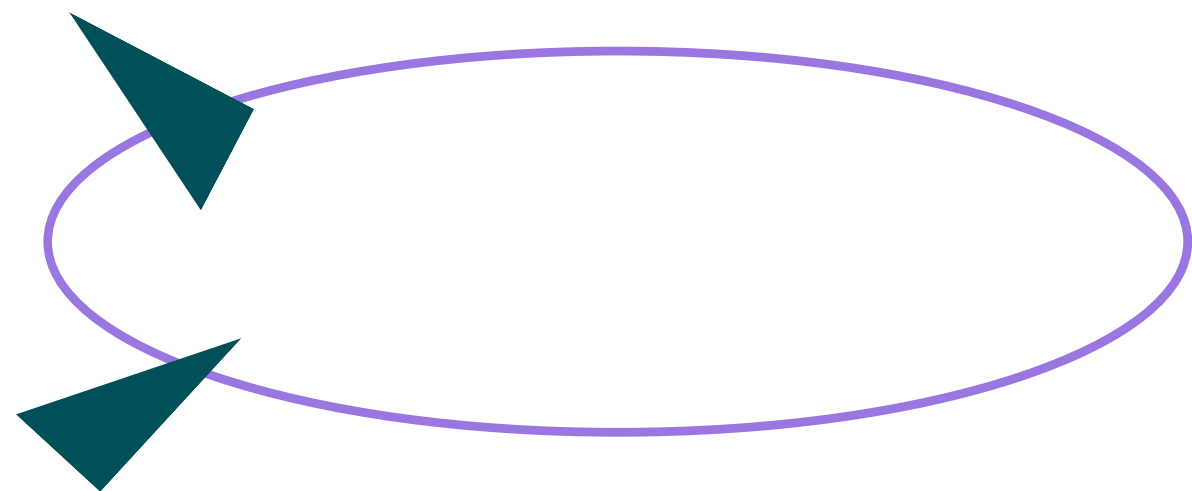
What other things am I pushed to do when I feel like this?

This will help you to take charge and use your distractions or stress management techniques.

The aim is to delay, reduce and or stop self-harming behaviours.



07 KEEPING A DIARY



The more you understand about your behaviour the more control you will have . One way to have a better understanding is to keep a diary of what happens before, during and after the times that you self harm. Things you may record to help you identify patterns, are numbered bellow and please access support from a trusted person if this is difficult for you. There is great benefit in finally feeling heard and understood by 'the right' person. Please be kind and remember that this exercise may not be for everyone but it is to gain self knowledge and not to add judgement.

01.

WHAT WAS HAPPENING BEFORE YOU GOT THE URGE TO SELF HARM

02.

WHAT URGES DID YOU EXPERIENCE EG. SADNESS, ANGER, REPETATIVE THOUGHTS, FEELING DISCONNECTED..

03.

WHAT DISTRACTIONS DID YOU TRY? RATE THEIR HELPFULNESS

04.

DID YOU HARM YOURSELF? RATE IT AS: SLIGHTLY MODERATE SEVERE

05

WHAT RESOURCES DO YOU HAVE?

06.

HOW DID YOU FEEL AFTERWARDS?



NOTES

NOTES

08 ACCESSING HELP



www.youthinterventions.org.uk

**Working with young people and
families in Renfrewshire**

24/7 telephone/text support

TEXT SHOUT to 85258

Call SAMARITINS 116 123

Call CHILDLINE 0800 1111

**IN AN EMERGENCY
CALL 999 OR
GO STRAIGHT TO A&E**