



This form is to help you plan for times when you have strong thoughts, feelings or urges to end your life.

There is also space for you to provide information about how people can best support you when you feel this way. Follow the steps below until you feel safe.

This form can be completed by the person experiencing suicidal feelings, or with support from a trusted friend or family member, health care professional, or support worker.

Name: _____

Date(s) of crisis: _____

My reason for living is:

(Please use this space to write a message to yourself for when you feel suicidal. You may also like to attach a photo to this form and/or something meaningful to you that you can focus on when you feel suicidal.)

Step 1: What are the warning signs that I/the person I support may start to have strong thoughts, feelings or urges to end life? (e.g. reduced enjoyment from a special interest, change in routine, change in patterns of sleep, eating, mood).

Step 2: What I can do to help distract myself/the person I support (e.g. engage in a particular activity or interest, a relaxation technique, or physical activity):

Step 3: People I can contact to ask for help (e.g. family, friends, mentor, support worker):

Step 4: Professionals or agencies I can contact during a crisis (e.g. A & E, Police, Psychiatric Services, Samaritans, Mind):

Step 5: Making the environment safe (throw away things that could be used to harm yourself/the person you support):

Step 6: How can other people help support me? (There are suggestions below, please adapt these or add your own if you wish):

How I communicate distress (e.g. I shut down, I have a meltdown):

What stresses me/makes me unhappy (e.g. loud noises, being touched, change of plan, too much information):

What can help calm me? (e.g. a special interest, a quiet safe place to calm down, just sitting with me, giving me my own space):

How I would like you to communicate with me (e.g. don't ask me to look you in the eye, speak softly, use visual supports, use plain English, keep in mind that I may take what you say literally):

Who I would like you to contact:

The following organisations can offer support and advice over the phone or online:

National Autistic Society (autism.org.uk) supports people with autism and their families.
Tel: 0808 800 4104 or email nas@nas.org.uk.

MIND (mind.org.uk) supports people experiencing mental health difficulties.
Tel: 0300 123 3393 or text 86463 or email info@mind.org.uk.

Samaritans (Samaritans.org) offer support 24 hours a day, 365 days a year, to anyone struggling to cope or feeling suicidal.
Tel: 116 123 (freephone) or email jo@samaritans.org.