



Keeping Safe Guide

At times life can feel overwhelming. It is common to feel helpless or hopeless at these times. It is important to remember that these thoughts, feelings & moments *will pass*. If you need help & support at these times, here are a few ideas:

USE SELF SOOTHING STRATEGIES

Use calming, relaxing, nourishing or compassionate tools, techniques & strategies to self-soothe difficult thoughts & feelings



Hobbies - Gaming - Painting - Reading - Listen to Music

Sports - Go for a Swim or Walk

Practice meditation, mindfulness or breathing strategies

CONNECTION WITH OTHERS & PLACES

Connect with friends, family loved ones, online forums or spend time in busy social places



Reach out to friends or family

Tell someone how you feel

Visit a local park, go for a walk

Go online & talk to others

REACH OUT TO OTHERS

Reach out to trusted others or professional support



Samaritans:

116 123

<https://www.samaritans.org>

NHS:

999 or 111
Crisis Teams
A&E

Papyrus:

Text HOPE to 88247
pat@papyrus-org.uk
0300 102 2470

MAKING THE ENVIRONMENT SAFE

Make sure your space is safe e.g. reducing access to medication or not travelling to risky places



Give your medication to others to keep safe

Avoid driving

Go somewhere you feel safe

Avoid dangerous items