



**PATHFINDER**  
THERAPY CIC  
Navigating Life's Difficult Terrain

# Suicide Survival Plan

A short-term safety plan for moments when staying alive feels hard

## If you are in immediate danger

Call 999, go to your nearest A&E, or ask someone safe to stay with you now. Pathfinder Therapy CIC is not an emergency or crisis service.

If you need urgent mental health help in England, call NHS 111 and select the mental health option. If you need someone to talk to now, call Samaritans on 116 123 or text SHOUT to 85258.

## How to use this plan

Complete this plan when you are as calm as possible. Keep a copy somewhere easy to find and consider sharing it with someone you trust. This plan is not a contract or a promise; it is a practical guide for getting through the next difficult moment safely.

**My name:**

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**Date completed / reviewed:**

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**Person I will share this plan with:**

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## 1. My warning signs

These are signs that my risk may be rising. They may be thoughts, feelings, body sensations, urges, behaviours or situations.

**Thoughts I notice:**

*For example: "I cannot cope", "people would be better without me", "I feel trapped".*

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**Feelings or body signs I notice:**

*For example: panic, numbness, shame, agitation, exhaustion, tight chest, poor sleep.*

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**Behaviours or situations that tell me I am becoming less safe:**

*For example: isolating, drinking more, giving things away, searching online, arguing, withdrawing.*

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## 2. Things that can increase my risk

Tick anything that applies:

<input type="checkbox"/> Being alone	<input type="checkbox"/> Alcohol or drugs
<input type="checkbox"/> Arguments or conflict	<input type="checkbox"/> Anniversaries or triggers
<input type="checkbox"/> Poor sleep	<input type="checkbox"/> Pain or injury
<input type="checkbox"/> Financial pressure	<input type="checkbox"/> Online content
<input type="checkbox"/> Access to things I could use to harm myself	<input type="checkbox"/> Feeling ashamed or trapped

**Other risk factors specific to me:**

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## 3. My first 10 minutes: what I will do before anything else

When suicidal thoughts are intense, I do not need to solve my whole life. I need to get through the next few minutes safely.

**My first steps:**

<input type="checkbox"/> Move away from anything I could use to harm myself
<input type="checkbox"/> Go to a safer place or a room where I am less isolated
<input type="checkbox"/> Put distance between me and alcohol/drugs
<input type="checkbox"/> Call, text or sit near someone safe
<input type="checkbox"/> Use one grounding action below
<input type="checkbox"/> Delay any action for 10 minutes and repeat if needed

**The safest place I can go right now is:**

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**The person I can contact right now is:**

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## 4. Things that help me ride the wave

These are not magic fixes. They are ways to lower the intensity enough to stay safe and reconnect with support.

### Actions I can try:

<input type="checkbox"/> 5-4-3-2-1 grounding	<input type="checkbox"/> Cold water on hands/face
<input type="checkbox"/> Hold ice wrapped in a cloth	<input type="checkbox"/> Slow breathing
<input type="checkbox"/> Walk somewhere safe	<input type="checkbox"/> Music/podcast
<input type="checkbox"/> Make tea/eat something simple	<input type="checkbox"/> Shower/change clothes
<input type="checkbox"/> Sit with pet	<input type="checkbox"/> Message trusted person
<input type="checkbox"/> Write down thoughts without acting	<input type="checkbox"/> Use crisis line/text support

### Things that have helped me before:

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## 5. People I can contact before things become unsafe

Name / role	Phone	When I will contact them	What I can say

## 6. Professional and urgent support contacts

Support	Contact	When to use
Emergency / immediate danger	999 or nearest A&E	If I cannot keep myself or someone else safe.
Urgent mental health help in England	NHS 111 - select the mental health option	If I need urgent expert advice and assessment.
Samaritans	116 123	If I need to speak to someone now, day or night.
Shout text support	Text SHOUT to 85258	If I need confidential support by text.
Papyrus HOPELINE247	0300 102 2470 / Text HOPE to 88247	If I am under 35 or worried about a young person.
GP / local crisis team	Name/number: _____	For follow-up and local clinical support.

## 7. Making my environment safer

When risk is high, the safest option is to create distance between me and anything I could use to harm myself. If possible, I will ask another person to help with this.

### Actions I can take:

<input type="checkbox"/> Ask someone to stay with me
<input type="checkbox"/> Ask someone to hold onto or lock away anything I could use to harm myself
<input type="checkbox"/> Avoid alcohol or drugs
<input type="checkbox"/> Move to a shared or public safe space
<input type="checkbox"/> Do not drive if I feel unsafe
<input type="checkbox"/> Keep my phone charged and nearby

**What I need help making safer:**

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**Who can help me with this:**

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## 8. Reasons to stay safe for now

These do not have to feel powerful in the moment. They are anchors to revisit when the crisis mind says there is no way forward.

**People, animals or responsibilities that matter to me:**

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**Future moments I want to give myself a chance to reach:**

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**What I would say to someone I care about if they felt this way:**

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## 9. If I cannot stay safe

**If I cannot stay safe, I will not stay alone with the risk. I will call 999, go to A&E, call NHS 111, contact Samaritans on 116 123, text SHOUT to 85258, or ask a trusted person to stay with me now.**

**My highest-risk warning sign is:**

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**When this happens, the action I will take immediately is:**

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## 10. Review and share this plan

A safety plan is most useful when it is visible, shared and reviewed. Update it after any crisis, major life change, new risk factor, or change in support.

**I will keep a copy:**

On my phone

In my wallet/bag

With a trusted person

With my therapist/support worker

At home somewhere visible

Other: \_\_\_\_\_

**Review date:**

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**Notes from review:**

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## Pocket version: my quick survival card

Copy this section into your phone notes or take a photo of it. Use it when there is no time to read the full plan.

### My safest place to go right now:

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### The first person I will contact:

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### The exact words I can send or say:

*For example: "I am not safe on my own. Can you stay with me or call me now?"*

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### My first five actions:

Move away from anything I could use to harm myself

Go near another person or to a safer place

Call or text my safe person

Call 999/A&E if I cannot stay safe

Use Samaritans 116 123 or SHOUT 85258

### One reason to stay alive for the next 24 hours:

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## Pathfinder Therapy CIC

Company Number: 17248842 | Website: [pathfindertherapy.org.uk](http://pathfindertherapy.org.uk) | Email: [hello@pathfindertherapy.org.uk](mailto:hello@pathfindertherapy.org.uk) | Telephone: 01282 790280

This template is a self-help resource and is not a substitute for emergency care, clinical assessment, safeguarding intervention or crisis support.