

Coping plan for _____ (name)

1) The most important people in my support network are:

Name	Contact details: telephone, email (if appropriate)

2) Things I can do to help manage my mood or deal with stress

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3) If my problems get significantly worse I will take the following steps:

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4) These are the early warning signs that I might be a danger to myself or to someone else:

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5) If I start to think I might act on my suicidal thoughts or that my behaviour might put someone else at risk I will take the following steps as a matter of urgency:

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My GP's name and contact details:

Emergency numbers (correct as of 24/5/18)

Samaritans (24 hours) 116 123 or 0845 790 9090 or 0117 9831000; email jo@samaritans.org

Saneline 0300 304 7000 – 4-30pm – 1030pm every day

NHS non-emergency number (24 hours): 111