



## SUICIDE SAFETY PLAN

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At Patchouli Therapy, I recognise the importance of maintaining professional practice. This policy concerns therapeutic risk assessment throughout your engagement with me. All mental health professionals have a legal duty of care to prevent further stress and mental health issues in their work with clients.

This suicide safety plan helps me to maintain a professional practice and to identify issues and risks of suicidal thoughts or ideation in my private practice.

### Know when to get help

What are the warning signs that you are beginning to struggle? What are these thoughts, feelings or emotions, including behaviours?

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### Know your coping skills

What can you do for yourself, by yourself, to take your mind and attention off and away from the intrusive thoughts? What coping skills might help you to stay safe now? What coping statements or affirmations might help now?

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### Know who to reach out to

If you are struggling to handle things on your own, who can you trust to help?

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### Know your professional help

If you have suicidal thoughts, reach out for professional support. Who is available to help you now?

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- My GP.....
- 101 for non-emergency support
- 999 for emergency support
- NHS 111 for medical advice
- HOPELINEUK (0800 068 4141) Open every day 9 am - midnight.
- SHOUT 24/7 Crisis Textline (85258) Open 24/7
- SAMARITANS from any phone for free - 116 123
- My Therapist (during their working hour) .....