

CALL HOPELINEUK 0800 068 41 41

# STAY SAFE PLAN



**PAPYRUS**  
PREVENTION OF YOUNG SUICIDE

## **What makes me feel bad? What does this feel like?**

HINT: Has something happened to make you feel this way? What do you currently feel?

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## **How can I keep myself safe right now?**

HINT: Do you need to speak to someone for some help? Are there things around you that make you feel unsafe? Can being somewhere else make you feel safer?

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## What helps me to feel good?

HINT: What activity do you like to do? What is your favourite food? Who or what makes you laugh?

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### If I can't stay safe, who will I tell?

HINT: Who do you trust?  
Who is suitable to help you?

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### If i need help, who can I ring?

HINT: Can you ring an adult,  
a friend or helpline?

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### What do I love right now and what are my hopes for the future

HINT: Who is important to  
you in your life? Who do you  
look up to? What would you  
like to achieve?

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