## THRIVE DIRECTORY

Safety Plans

If you wish to add more organisations to this document, please contact Parental Minds at admin@parentalminds.org.uk





## **Foreword**

This Safety Planning Thrive Directory has been compiled with the intention of it being used by parents, caregivers, school staff and mental health practitioners as a tool for working with youngsters.

We suggest that they are used as a basis for a conversation, rather than simply giving a safety plan to a young person.

Learn more about what a saftey plan is and how to use one here:

https://www.samaritans.org/how-we-can-help/if-youre-worried-about-someone-else/supporting-someone-suicidal-thoughts/creating-safety-plan/

"All of the advice works on the basis that visual aids and cognitive frameworks help support structured thinking to effect behaviour change. They are good resources that will support many children and young people. Several of the tools help to give words to emotions and grade the intensity of an emotion. This increases a child or young person's 'emotional granularity' – the ability to perceive 'shades' in emotion. 'I'm feeling OK' and a full-on, blazing vibrant red 'I am furious!!', 'a little bit irritated'.

We now have good evidence that emotional granularity is good for relationships, good for long-term mental wellbeing and essential for effective psychological therapies."

- Dr Val Brooks Consultant Speech and Language Therapist: SEMH

## **Safety Plan Thrive Directory**

Thriving				
Organisation	How to use	Description	lmage	Link
Acacia	Printable resource	Traffic light system for identifying feelings. Simple and can be used by anyone.	Today Capit Nations Proming for  The Capit Nation of Capit Nations of Capi	https://www.acacia. org.uk/files/cms/313_ Traffic-light-wellness- planning-tool_V1_ PCC_Flyer_DRAFT1.pdf
Parental Minds	Printable resource	Emotions Wheel Resource used to identify feelings and how to handle them.		https://www. parentalminds.org.uk/
Pooky Knightsmith	Printable resource	All about me activity sheet. Geared towards younger children.		https://www. pookyknightsmith. com/download-all- about-me-sheet-to- enable-child-centred- meetings/
Pooky Knightsmith	Printable resource	Mood tracker. School focused and geared towards younger children.	##### *** 000000000000000000000000000000	https://www. pookyknightsmith. com/download-emoji- mood-tracker/
Stay Alive	Арр	Pocket suicide prevention resource if you're thinking of suicide or worried about someone else. Includes life box, safety plan, wellness plan, breeathing exercises, and reasons for living.	To Proceed the Control of the Contro	https://www.stayalive.app/

Thriving and Getting Advice				
Organisation	How to use	Description	lmage	Link
Acacia	Printable resource	Traffic light system for identifying feelings. Simple and can be used by anyone.	Technique Maine Protein Letter Comment Letter Comme	https://www.acacia. org.uk/files/cms/313_ Traffic-light-wellness- planning-tool_V1_ PCC_Flyer_DRAFT1.pdf
Pooky Knightsmith	Printable resource	All about me activity sheet. Geared towards younger children.		https://www. pookyknightsmith. com/download-all- about-me-sheet-to- enable-child-centred- meetings/
Pooky Knightsmith	Printable resource	Sensory focused safety plan. Geared towards younger children.	Table Commence and the commence of the commenc	https://www. pookyknightsmith.com/ download-comfort- audit-to-prevent- sensory-overwhelm/
Pooky Knightsmith	Printable resource	Geared towards younger children		https://www. pookyknightsmith. com/download-tricky- moments-plan/
Stay Alive	Арр	Pocket suicide prevention resource if you're thinking of suicide or worried about someone else. Includes life box, safety plan, wellness plan, breeathing exercises, and reasons for living.	The first may have been a final and a fina	https://www.stayalive.app/
Torbay & South Devon NHS Foundation Trust	Printable resource	Mental health passport . Emotional and wellbeing support for young people.	They Safety Heart  The second of the second	https://drive.google.com/file/d/In1eW MsaJhtoOTHTkJd XqYYiQI2D6GY9F/ view?usp=drive_link

Getting Help				
Organisation	How to use	Description	lmage	Link
Beyond Blue	Арр	Designed to be part of an overall mental wellbeing strategy.	Service or step  Step 1 ***  Step 2 ***  Step 3 ***  Step 4 **  Step 4 ***  Step 5 ***  Step 6 ***  Step 7 **  Step 7 ***  Step 7 **  Step 7 *	https://www. beyondblue.org.au/get- support/beyondnow- suicide-safety-planning
Children and Family Health Devon	Printable resource	Wellbeing Plan that can be filled out virtually or printed. Includes a calming toolkit.	MY WELLBEING PLAN  Recognition on the first of the part of the first  And the first of the first of the part of the first  And the first of the first of the part of the first  And the first of the first of the part of the first  And the first of the first of the first  And the first of the first of the first  And the first of the first of the first  And the first of the first of the first of the first  And the first of the first o	https://drive.google. com/file/d/1JT3W GjTx6lsmkluYsqlo P9XmR6Dd9Dd6/ view?usp=drive_link
Stay Alive	Арр	Pocket suicide prevention resource if you're thinking of suicide or worried about someone else. Includes life box, safety plan, wellness plan, breeathing exercises, and reasons for living.	fine one has      fine on	https://www.stayalive.app/
Staying Safe	Downloadable online form	Online safety plan supporting you to get through right now, make your situation calmer and safer. includes a list of people and emergency organisations.	Total Control	https://stayingsafe.net/

Getting More Help						
Organisation	How to use	Description	lmage	Link		
Beyond Blue	Арр	Designed to be part of an overall mental wellbeing strategy.	Section of the sectio	https://www. beyondblue.org. au/get-support/ beyondnow-suicide- safety-planning		

Every Life Matters	Printable resource	Straightforward safety plan with more resources and information on their website. This plan inculdes what you could do and who could support you in a crisis.	My Safety Plan  In the second	https://www.every- life-matters.org.uk/ safety-planning/
Get Self Help	Printable resource	Saftey plan focused on reducing pain, and increasing coping strategies.	The control of the co	https://www. getselfhelp.co.uk/ suicidal-thoughts-a- guide/
No More Suicide	Printable resource	Safety plan with emphasis on making connections with people who can support you.	Total Control	https://no-more.co.uk/ safety-plan/
Papyrus	Printable resource	Safety plan focused on staying safe right now. Suitable for teens.	Suicide Safety Plan  The Property of the Prope	https://www.papyrus- uk.org/wp-content/ uploads/2018/10/ Suicide-Safety-Plan- Template-1.pdf
Place2Be	Printable resource	Basic saftey plan including distraction ideas and crisis numbers.	Tracking years of one By Salving Plan  Salving years of one By Salving Plan  Salving S	https://www.place2be. org.uk/

Stay Alive	Арр	Pocket suicide prevention resource if you're thinking of suicide or worried about someone else. Includes life box, safety plan, wellness plan, breeathing exercises, and reasons for living.	Finding to a company of the company	https://www.stayalive.app/
Staying Safe	Downloadable online form	Online safety plan supporting you to get through right now, make your situation calmer and safer. includes a list of people and emergency organisations.		https://stayingsafe.net/
Youth Arts & Health Trust	Printable Resource	Basic saftey plan including distraction ideas and crisis numbers.		https://www. youthartsandhealth. org/

Risk Support					
Organisation	How to use	Description	lmage	Link	
Beyond Blue	Арр	Designed to be part of an overall mental wellbeing strategy.	Select a corp  Sing 1 ***  Sing 2 ***  Sing 3 ***  Sing 4 ***  Sing 4 ***  Sing 5 ***  Sing 6 ***  Sing 6 ***  Sing 7 ***  Sing 8 **  Sing 8 **  Sing 9 **	https://www. beyondblue.org. au/get-support/ beyondnow-suicide- safety-planning	
Every Life Matters	Printable resource	Straightforward safety plan with more resources and information on their website. This plan inculdes what you could do and who could support you in a crisis.	My Safety Plan  Street Street  Stree	https://www.every- life-matters.org.uk/ safety-planning/	

Get Self Help	Printable resource	Saftey plan focused on reducing pain, and increasing coping strategies.	Service Flore  The contract of	https://www. getselfhelp.co.uk/ suicidal-thoughts-a- guide/
No More Suicide	Printable resource	Safety plan with emphasis on making connections with people who can support you.	ey have for any and a second of the second o	https://no-more.co.uk/ safety-plan/
Papyrus	Printable resource	Safety plan focused on staying safe right now. Suitable for teens.	Suicide Safety Plan  We maybe have an arrange despited have to be done you a person of the company of the compa	https://www.papyrus- uk.org/wp-content/ uploads/2018/10/ Suicide-Safety-Plan- Template-1.pdf
Place2Be	Printable resource	Basic saftey plan including distraction ideas and crisis numbers.	College case of law. (b) soften from	https://www.place2be. org.uk/
Stay Alive	Арр	Pocket suicide prevention resource if you're thinking of suicide or worried about someone else. Includes life box, safety plan, wellness plan, breeathing exercises, and reasons for living.	From the board of the control of the	https://www.stayalive.app/
Staying Safe	Downloadable online form	Online safety plan supporting you to get through right now, make your situation calmer and safer. includes a list of people and emergency organisations.	Control of the Contro	https://stayingsafe.net/

Youth Arts & Health Trust	Printable Resource	Basic saftey plan including distraction ideas and crisis numbers.	Mark No.  The state of the stat	https://www. youthartsandhealth. org/
			Brainspromoteris anapa	