THRIVE DIRECTORY

Safety Plans

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

PARENTAL MINDS C.I.C.
Mental Healthcare ; Exploring Pathways

PARENTAL MINDS SUPPORT
Mental Healthcare ; Supporting Families

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 safety 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."

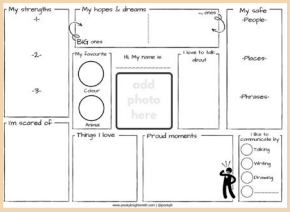
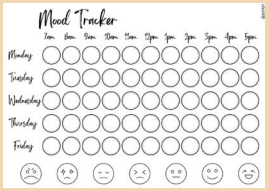
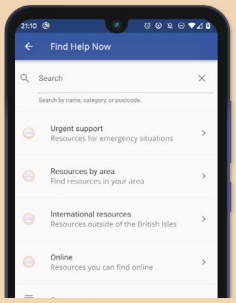
- Dr Val Brooks
Consultant Speech and Language Therapist: SEMH

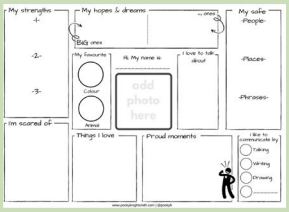
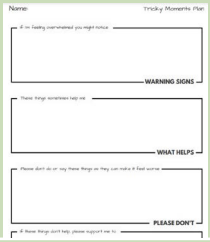
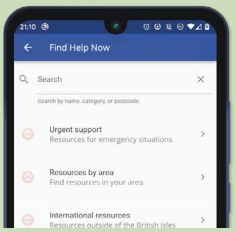
Thrive

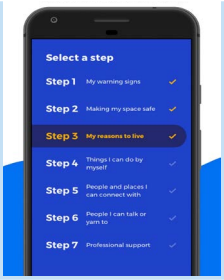
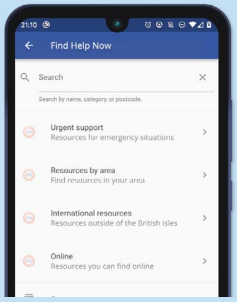
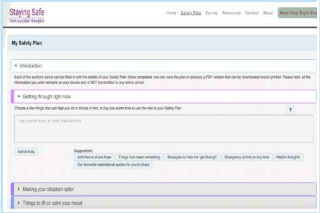
This directory lists the places that parents and caregivers can get support and advice, and is grouped into different levels of support:

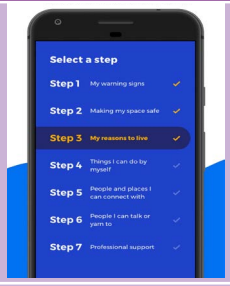
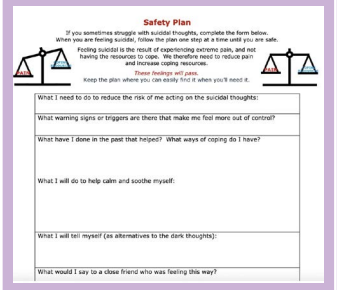
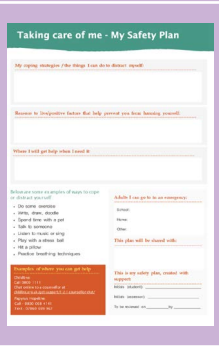
Thriving	For those in a more secure place.
Getting Advice	For those who need advice and signposting, where issues have just arisen
Getting Help	For those who need focussed, goal-based input and where issues are ongoing.
Getting More Help	For those who need more intensive and targeted goal-based input.
Getting Risk Support	For families experiencing a crisis situation, where there may be for example suicidal thoughts, hospitalisation.

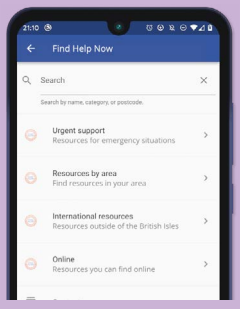
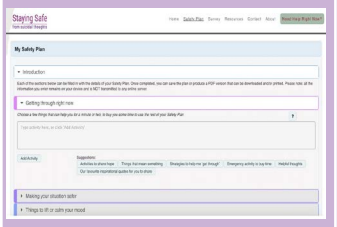
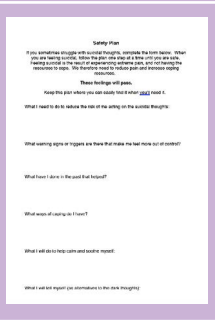
Safety Plans

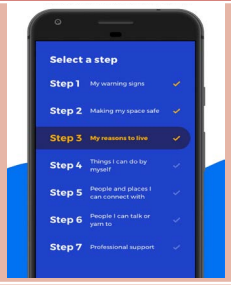
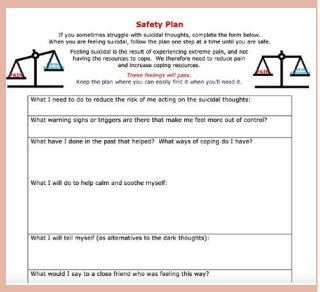
Thriving				
Organisation	How to use	Description	Image	Link
Parental Minds	Printable resource	Emotions Wheel Resource used to identify feelings and how to handle them.		www.parentalminds.org.uk/
Pooky Knightsmith	Printable resource	All about me activity sheet. Geared towards younger children.		www.pookyknightsmith.com/download-all-about-me-sheet-to-enable-child-centred-meetings/
Pooky Knightsmith	Printable resource	Mood tracker. School focused and geared towards younger children.		www.pookyknightsmith.com/download-emoji-mood-tracker/
Stay Alive	App	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.		www.stayalive.app/

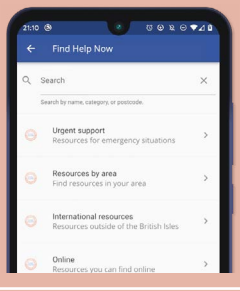
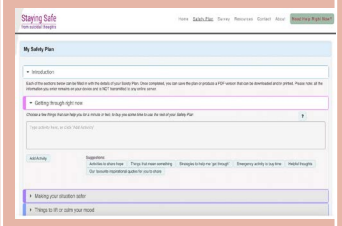
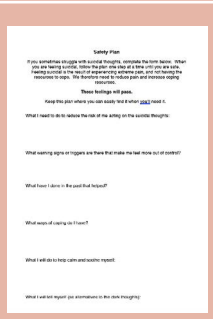
Thriving and Getting Advice				
Organisation	**How to use**	**Description**	**Image**	**Link**
Pooky Knightsmith	Printable resource	All about me activity sheet. Geared towards younger children.		https://www.pookyknightsmith.com/download-all-about-me-sheet-to-enable-child-centred-meetings/
Pooky Knightsmith	Printable resource	Sensory focused safety plan. Geared towards younger children.		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	App	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.		https://www.stayalive.app/
Torbay & South Devon NHS Foundation Trust	Printable resource	Mental health passport . Emotional and wellbeing support for young people.		https://drive.google.com/file/d/1n1eWMsaJhtoOTHTkJdXqYYiQI2D6GY9F/view?usp=drive_link

Getting Help				
	How to use	**Description**	**Image**	**Link**
Beyond Blue	App	Designed to be part of an overall mental wellbeing strategy.		https://www.lifeline.org.au/get-help/beyond-now/create-your-beyond-now-suicide-safety-plan-online/
Children and Family Health Devon	Printable resource	Wellbeing Plan that can be filled out virtually or printed. Includes a calming toolkit.		childrenandfamilyhealthdevon.nhs.uk/resources/my-wellbeing-plan/
Stay Alive	App	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.		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.		stayingsafe.net/

Getting More Help				
Organisation	How to use	Description	Image	Link
Beyond Blue	App	Designed to be part of an overall mental wellbeing strategy.		https://www.lifeline.org.au/get-help/beyond-now/create-your-beyond-now-suicide-safety-plan-online/
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.		https://www.every-life-matters.org.uk/safety-planning/
Get Self Help	Printable resource	Safety plan focused on reducing pain, and increasing coping strategies.		https://www.getselfhelp.co.uk/suicidal-thoughts-a-guide/
Papyrus	Printable resource	Safety plan focused on staying safe right now. Suitable for teens.		https://www.papyrus-uk.org/suicide-safety-plan/
Place2Be	Printable resource	Basic safety plan including distraction ideas and crisis numbers.		https://www.place2be.org.uk/

Stay Alive	App	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.		https://www.stayalive.app/
Staying Safe		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 safety plan including distraction ideas and crisis numbers.		https://www.youthartsandhealth.org/

Risk Support				
Organisation	How to use	Description	Image	Link
Beyond Blue	App	Designed to be part of an overall mental wellbeing strategy.		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.		https://www.every-life-matters.org.uk/safety-planning/
Get Self Help	Printable resource	Safety plan focused on reducing pain, and increasing coping strategies.		https://www.getselfhelp.co.uk/suicidal-thoughts-a-guide/
Papyrus	Printable resource	Safety plan focused on staying safe right now. Suitable for teens.		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.		https://www.place2be.org.uk/

Stay Alive	App	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.		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 safety plan including distraction ideas and crisis numbers.		https://www.youthartsandhealth.org/
Devon County Council	Printable Resource	Basic mental health safety plan.		https://devoncc.sharepoint.com/sites/PublicDocs/AdultSocialCare/