

# THRIVE DIRECTORY

## Safety Plans

If you wish to add more organisations to this document, please contact Parental Minds at [admin@parentalminds.org.uk](mailto:admin@parentalminds.org.uk)



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



**PARENTAL MINDS SUPPORT**  
Mental Healthcare ; Supporting Families

# Foreword

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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/>

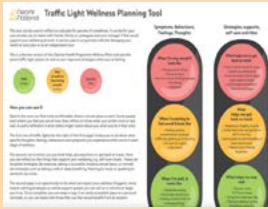

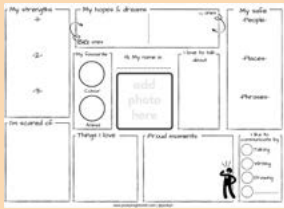
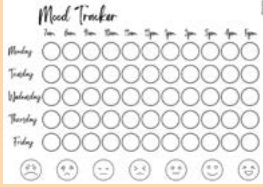
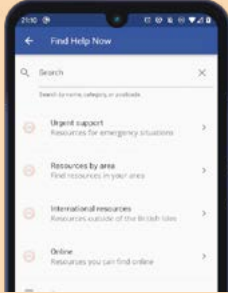
“All of the advice works on the basis that visual aids and cognitive frameworks help support structured thinking to effect behaviour change. They are good resources that will support many children and young people. Several of the tools help to give words to emotions and grade the intensity of an emotion. 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’.


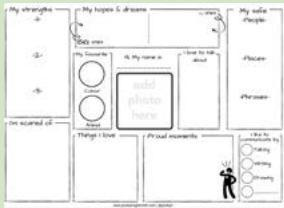


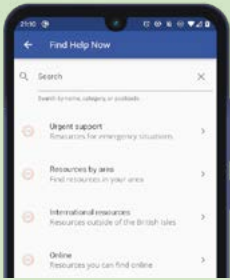

We now have good evidence that emotional granularity is good for relationships, good for long-term mental wellbeing and essential for effective psychological therapies.”

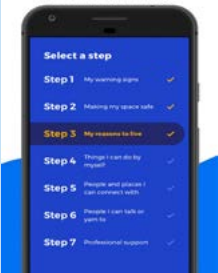

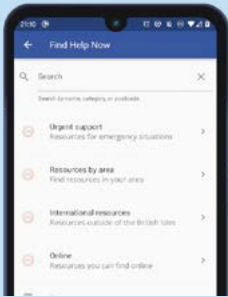
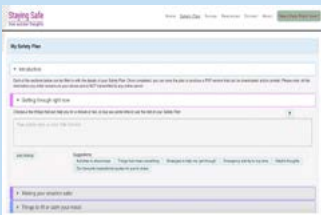
**- Dr Val Brooks**

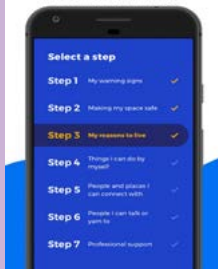
**Consultant Speech and Language Therapist: SEMH**






# Safety Plan Thrive Directory

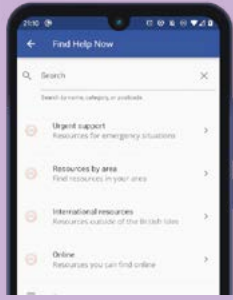
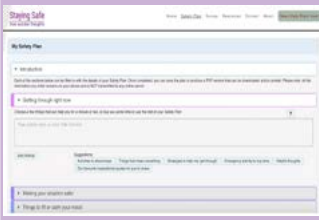

Thriving				
Organisation	How to use	Description	Image	Link
Acacia	Printable resource	Traffic light system for identifying feelings. Simple and can be used by anyone.		<a href="https://www.acacia.org.uk/files/cms/313-Traffic-light-wellness-planning-tool_V1_PCC_Flyer_DRAFT1.pdf">https://www.acacia.org.uk/files/cms/313-Traffic-light-wellness-planning-tool_V1_PCC_Flyer_DRAFT1.pdf</a>
Parental Minds	Printable resource	Emotions Wheel Resource used to identify feelings and how to handle them.		<a href="https://www.parentalminds.org.uk/">https://www.parentalminds.org.uk/</a>
Pooky Knightsmith	Printable resource	All about me activity sheet. Geared towards younger children.		<a href="https://www.pookyknightsmith.com/download-all-about-me-sheet-to-enable-child-centred-meetings/">https://www.pookyknightsmith.com/download-all-about-me-sheet-to-enable-child-centred-meetings/</a>
Pooky Knightsmith	Printable resource	Mood tracker. School focused and geared towards younger children.		<a href="https://www.pookyknightsmith.com/download-emoji-mood-tracker/">https://www.pookyknightsmith.com/download-emoji-mood-tracker/</a>
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, breathing exercises, and reasons for living.		<a href="https://www.stayalive.app/">https://www.stayalive.app/</a>

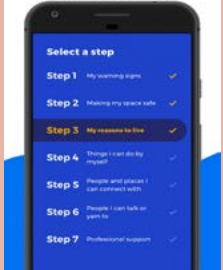

Thriving and Getting Advice				
Organisation	How to use	Description	Image	Link
Acacia	Printable resource	Traffic light system for identifying feelings. Simple and can be used by anyone.		<a href="https://www.acacia.org.uk/files/cms/313_Traffic-light-wellness-planning-tool_V1_PCC_Flyer_DRAFT1.pdf">https://www.acacia.org.uk/files/cms/313_Traffic-light-wellness-planning-tool_V1_PCC_Flyer_DRAFT1.pdf</a>
Pooky Knightsmith	Printable resource	All about me activity sheet. Geared towards younger children.		<a href="https://www.pookyknightsmith.com/download-all-about-me-sheet-to-enable-child-centred-meetings/">https://www.pookyknightsmith.com/download-all-about-me-sheet-to-enable-child-centred-meetings/</a>
Pooky Knightsmith	Printable resource	Sensory focused safety plan. Geared towards younger children.		<a href="https://www.pookyknightsmith.com/download-comfort-audit-to-prevent-sensory-overwhelm/">https://www.pookyknightsmith.com/download-comfort-audit-to-prevent-sensory-overwhelm/</a>
Pooky Knightsmith	Printable resource	Geared towards younger children		<a href="https://www.pookyknightsmith.com/download-tricky-moments-plan/">https://www.pookyknightsmith.com/download-tricky-moments-plan/</a>
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, breathing exercises, and reasons for living.		<a href="https://www.stayalive.app/">https://www.stayalive.app/</a>
Torbay & South Devon NHS Foundation Trust	Printable resource	Mental health passport . Emotional and wellbeing support for young people.		<a href="https://drive.google.com/file/d/1n1eW MsaJhtoOTHTkjd XqYYiQI2D6GY9F/view?usp=drive_link">https://drive.google.com/file/d/1n1eW MsaJhtoOTHTkjd XqYYiQI2D6GY9F/view?usp=drive_link</a>






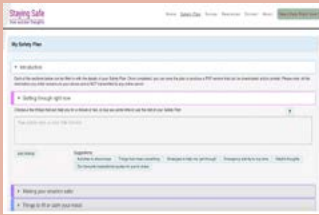
Getting Help				
Organisation	How to use	Description	Image	Link
Beyond Blue	App	Designed to be part of an overall mental wellbeing strategy.		<a href="https://www.beyondblue.org.au/get-support/beyondnow-suicide-safety-planning">https://www.beyondblue.org.au/get-support/beyondnow-suicide-safety-planning</a>
Children and Family Health Devon	Printable resource	Wellbeing Plan that can be filled out virtually or printed. Includes a calming toolkit.		<a href="https://drive.google.com/file/d/1JT3W GjTx6lsmkluYsqlo P9XmR6Dd9Dd6/view?usp=drive_link">https://drive.google.com/file/d/1JT3W GjTx6lsmkluYsqlo P9XmR6Dd9Dd6/view?usp=drive_link</a>
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, breathing exercises, and reasons for living.		<a href="https://www.stayalive.app/">https://www.stayalive.app/</a>
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.		<a href="https://staying-safe.net/">https://staying-safe.net/</a>

Getting More Help				
Organisation	How to use	Description	Image	Link
Beyond Blue	App	Designed to be part of an overall mental wellbeing strategy.		<a href="https://www.beyondblue.org.au/get-support/beyondnow-suicide-safety-planning">https://www.beyondblue.org.au/get-support/beyondnow-suicide-safety-planning</a>

<p>Every Life Matters</p>	<p>Printable resource</p>	<p>Straightforward safety plan with more resources and information on their website. This plan includes what you could do and who could support you in a crisis.</p>		<p><a href="https://www.every-life-matters.org.uk/safety-planning/">https://www.every-life-matters.org.uk/safety-planning/</a></p>
<p>Get Self Help</p>	<p>Printable resource</p>	<p>Safety plan focused on reducing pain, and increasing coping strategies.</p>		<p><a href="https://www.getselfhelp.co.uk/suicidal-thoughts-a-guide/">https://www.getselfhelp.co.uk/suicidal-thoughts-a-guide/</a></p>
<p>No More Suicide</p>	<p>Printable resource</p>	<p>Safety plan with emphasis on making connections with people who can support you.</p>		<p><a href="https://no-more.co.uk/safety-plan/">https://no-more.co.uk/safety-plan/</a></p>
<p>Papyrus</p>	<p>Printable resource</p>	<p>Safety plan focused on staying safe right now. Suitable for teens.</p>		<p><a href="https://www.papyrus-uk.org/wp-content/uploads/2018/10/Suicide-Safety-Plan-Template-1.pdf">https://www.papyrus-uk.org/wp-content/uploads/2018/10/Suicide-Safety-Plan-Template-1.pdf</a></p>
<p>Place2Be</p>	<p>Printable resource</p>	<p>Basic safety plan including distraction ideas and crisis numbers.</p>		<p><a href="https://www.place2be.org.uk/">https://www.place2be.org.uk/</a></p>

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, breathing exercises, and reasons for living.		<a href="https://www.stayalive.app/">https://www.stayalive.app/</a>
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.		<a href="https://staying-safe.net/">https://staying-safe.net/</a>
Youth Arts & Health Trust	Printable Resource	Basic safety plan including distraction ideas and crisis numbers.		<a href="https://www.youthartsandhealth.org/">https://www.youthartsandhealth.org/</a>

Risk Support				
Organisation	How to use	Description	Image	Link
Beyond Blue	App	Designed to be part of an overall mental wellbeing strategy.		<a href="https://www.beyondblue.org.au/get-support/beyondnow-suicide-safety-planning">https://www.beyondblue.org.au/get-support/beyondnow-suicide-safety-planning</a>
Every Life Matters	Printable resource	Straightforward safety plan with more resources and information on their website. This plan includes what you could do and who could support you in a crisis.		<a href="https://www.every-life-matters.org.uk/safety-planning/">https://www.every-life-matters.org.uk/safety-planning/</a>

<p>Get Self Help</p>	<p>Printable resource</p>	<p>Safety plan focused on reducing pain, and increasing coping strategies.</p>		<p><a href="https://www.getselfhelp.co.uk/suicidal-thoughts-a-guide/">https://www.getselfhelp.co.uk/suicidal-thoughts-a-guide/</a></p>
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<p>Papyrus</p>	<p>Printable resource</p>	<p>Safety plan focused on staying safe right now. Suitable for teens.</p>		<p><a href="https://www.papyrus-uk.org/wp-content/uploads/2018/10/Suicide-Safety-Plan-Template-1.pdf">https://www.papyrus-uk.org/wp-content/uploads/2018/10/Suicide-Safety-Plan-Template-1.pdf</a></p>
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Youth Arts & Health Trust

Printable Resource

Basic safety plan including distraction ideas and crisis numbers.



<https://www.youthartsandhealth.org/>