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	Image	Link
Acacia	Printable resource	Traffic light system for identifying feelings. Simple and can be used by anyone.	The company of the co	https://www.acacia. org.uk/files/cms/313_ Traffic-light-wellness- planning-tool_VI_ PCC_Flyer_DRAFTI.pdf
Parental Minds	Printable resource	Emotions Wheel Resource used to identify feelings and how to handle them.	THE ENOTIONS WHILE THE ENOTION WHILE THE	https://www. parentalminds.org.uk/
Pooky Knightsmith	Printable resource	All about me activity sheet. Geared towards younger children.	They shared it. The	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.	Mod Trefer In the 5th	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.	The Find Help Now Q. Seach Under Expect (a) Resource by are (b) Resource by are (c) Resource by are (c) Resource by are (c) Resources by are (c) Resources by are (c) Resources by are (d) Resources by are (d) Resources by are (d) Resources by are (d) Resources contained of the broth tide (d) Resources contained of the broth tide (d) Resources page san find order (e) Resources page san find order	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.	Traffic Light Welches Fatning fool The property of the proper	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.	The square of th	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.	Step the a stable divide and late in year narroundings 1987 1987 1987 1987 1987 what and they right with a ting difference to these?	https://www. pookyknightsmith.com/ download-comfort- audit-to-prevent- sensory-overwhelm/	
Pooky Knightsmith	Printable resource	Geared towards younger children	Name Trivilly financial from If the fining variation and particular Workload 50000 Workload 50000 Trivilly financial for the fining variation and the fining variati	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.	C © © © © © © © © © © © © © © © © © © ©	https://www.stayalive.app/	
Torbay & South Devon NHS Foundation Trust	Printable resource	Mental health passport . Emotional and wellbeing support for young people.	The core of shall proper to the core of th	https://drive.google.com/file/d/In1eW MsaJhtoOTHTkJd XqYYiQI2D6GY9F/ view?usp=drive_link	

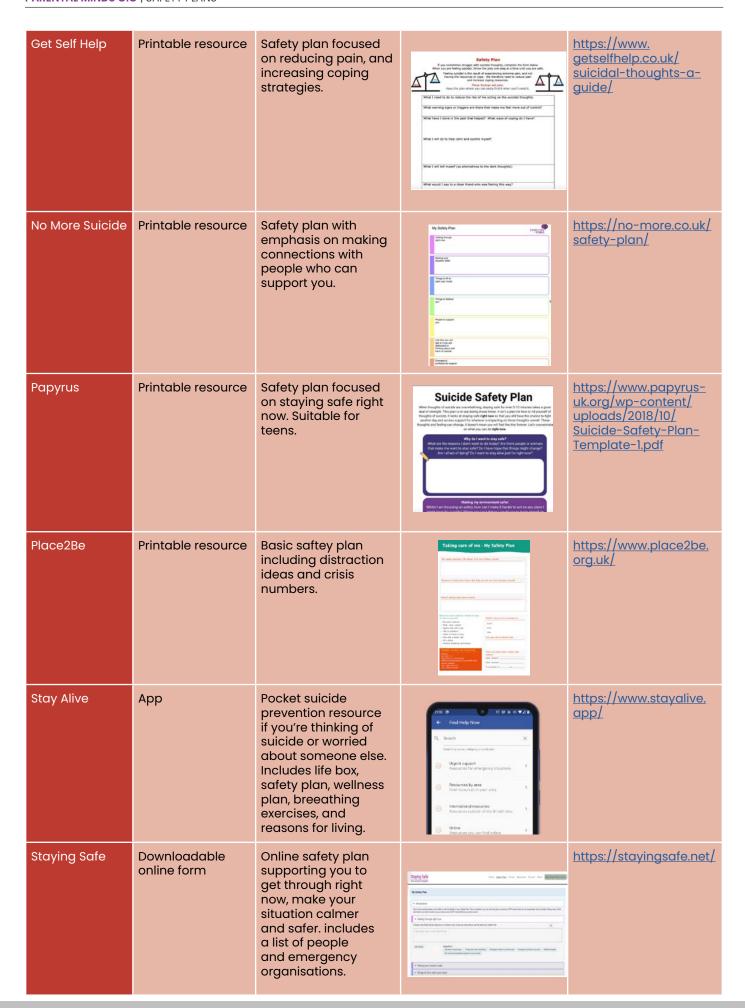
Getting Help					
Organisation	How to use	Description	lmage	Link	
Beyond Blue	Арр	Designed to be part of an overall mental wellbeing strategy.	Select a step Step 1 Novemme repression Step 2 Memory repression of the step	https://www. beyondblue.org.au/get- support/beyondnow- suicide-safety-planning	
Children and Family Health Devon	Printable resource	Wellbeing Plan that can be filled out virtually or printed. Includes a calming toolkit.	MY WELLBEING PLAN selection or story rules and select in the good and finity times tens tens tens tens tens tens tens te	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.	2100 □ ■ 10 ■ 10 ■ 10 ■ 10 ■ 10 ■ 10 ■ 10	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.	Paging Lafe See paging have become how the paging have become how the paging have become how the paging have been paging to the pagi	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.	Select a step Step 1 Mysemming steps Step 2 Making the peace and Step 3 Mysemmin to law Step 4 Proper time do by Step 5 Proper time to by Step 5 Proper time to by Step 6 Proper time to by Step 7 Problemontal support	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.	Wy Safety Plan info motions if the resource for Bridge O Making my advantors safer I May extending signs I Lifting the mood I Lifting the mood I My coping strangers	https://www.every- life-matters.org.uk/ safety-planning/
Get Self Help	Printable resource	Safety plan focused on reducing pain, and increasing coping strategies.	Safety Plan The real constitutions through with a state manages, requires the form in the state of the state	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.	Ny Sidney Paris Tanàna Tangan Tanàna Tangan Tanàna Tangan Tanàna Tanan Tanàna Tanàna Tanàna Tanàna Tanàna Tanàna	https://no-more.co.uk/ safety-plan/
Papyrus	Printable resource	Safety plan focused on staying safe right now. Suitable for teens.	Suicide Safety Plan When Dougland of social are accountaliness, storing a large park or sen's 15 monates lakes a parallel and of shorted, his pains is to send engles from 18 miles and the best of any small of thoughts of announce, tooks as claiming and registerers in a large part by so this have the charact subject to announce, tooks as claiming and registerers in a large part of the late from the characters of the throughts and feeting and shorting of announce part of the fine from the forest. Left a consentation on what years are feeting the characters of the story sent and feeting and feeting and shorting and feeting a	https://www.papyrus- uk.org/wp-content/ uploads/2018/10/ Suicide-Safety-Plan- Template-1.pdf
Place2Be	Printable resource	Basic safety plan including distraction ideas and crisis numbers.	Taking care of me - My Safety Plan To make disease the fine but a fin insert ment To make a second read of the fine but a fin insert ment The make a second read of the fine but a fin inse	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.	C © © © © © © © © © © © © © © © © © © ©	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.	Depind Self The particular larger In the p	https://stayingsafe.net/
Youth Arts & Health Trust	Printable Resource	Basic safety plan including distraction ideas and crisis numbers.	Fine considers in contract and	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 step Step 1 Movemen sym Step 2 Moving my same sele. Step 3 Moving my same sele. Step 4 Repair cont de by Step 5 Repair cont de by Step 7 Repair cont de by Step 8 Repair cont de by Step 9 Repair cont de by S	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.	Wy Safety Plan	https://www.every- life-matters.org.uk/ safety-planning/	



Youth Arts & Health Trust	Printable Resource	Basic safety plan including distraction ideas and crisis numbers.	Planting Frame From commonted control of the common in the	https://www. youthartsandhealth. org/
			afted and an impact on abstractions to the class Frangeria	