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.	<section-header><section-header><section-header><text><text><text><text><text><text><text><text></text></text></text></text></text></text></text></text></section-header></section-header></section-header>	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.	<section-header></section-header>	<u>https://www.</u> parentalminds.org.uk/
Pooky Knightsmith	Printable resource	All about me activity sheet. Geared towards younger children.	r fly strangts	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 Trucker Inc. for 500 To 500	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.	2000 CONTROL Find Holgs Now X Teach X Teach respont X Mainterven unterprese plautation X Interventional Program (mark) X	https://www.stayalive. app/

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.	<section-header><section-header><section-header><section-header><text><text><text><text><text><text><text></text></text></text></text></text></text></text></section-header></section-header></section-header></section-header>	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.	My vingth	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.	I SRE	https://www. pookyknightsmith.com/ download-comfort- audit-to-prevent- sensory-overwhelm/
Pooky Knightsmith	Printable resource	Geared towards younger children	None Trick of Annual Processing and the Second Processing and the Seco	<u>https://www.</u> 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.	Mode Concentration Concentration X Participation X Texture operation stateging to statestime. X Outputs support X Statestime for exercing integrations. X Participation for exercing integrations. X Statestime consider of the formath tails. X Outputs support and find entries X	<u>https://www.stayalive.</u> app/
Torbay & South Devon NHS Foundation Trust	Printable resource	Mental health passport . Emotional and wellbeing support for young people.	<section-header><text><text><text><text><text><text></text></text></text></text></text></text></section-header>	https://drive.google. com/file/d/1n1eW MsaJhtoOTHTkJd XqYYiQ12D6GY9F/ view?usp=drive_link

Getting Help	Getting Help				
Organisation	How to use	Description	Image	Link	
Beyond Blue	Арр	Designed to be part of an overall mental wellbeing strategy.	Belect a step Step1 Muserie spar Step2 Muserie spar Step2 Muserie spar Step3 Newman bland Step4 Ringham Step5 Ringham Step6 Propost Step6 Propost Step6 Propost Step6 Propost Step7 Watersteind suppost	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.		https://drive.google. com/file/d/1JT3W GjTx6lsmk1uYsq1o 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.	2000 C 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	<u>https://www.stayalive.</u> <u>app/</u>	
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.	Section Statute Section Statute Section Statute • Section Statute • Section Statute • Section Statute • Section Statute • Section Statute • Section Statute • Section Statute • Section Statute • Section Statute • Section Statute • Section Statute • Section Statute • Section Statute • Section Statute • Section Statute • Section Statute • Section Statute • Section Statute • Section Statute • Section Statute • Section Statute • Section Statute • Section Statute • Section Statute • Section Statute • Section Statute • Section Statute	https://stayingsafe.net/	

Getting More Help						
Organisation	How to use	Description	Image	Link		
Beyond Blue	Арр	Designed to be part of an overall mental wellbeing strategy.	C Select a step Select a step Sep 1 Wisward gam Con 2 Mark on y unix de Con 2 Mark on y u	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.	Weight even My Safety Plan Instanticular instantinstantini instanticular instanticular instanticular ins	https://www.every- life-matters.org.uk/ safety-planning/
Get Self Help	Printable resource	Saftey plan focused on reducing pain, and increasing coping strategies.		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 Sinker Pan Sinker Sam	<u>https://no-more.co.uk/</u> <u>safety-plan/</u>
Papyrus	Printable resource	Safety plan focused on staying safe right now. Suitable for teens.	<section-header></section-header>	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.	Taking care of me • My Safety Flan Memory flands for a lear and	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.	1000 INCOMENT INCOMENT INCOMENT	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.	Description Description Description • Statistical Ages • Statistical Ages • Statistical Ages • Statistical Ages • Statistical Ages • Statistical Ages • Statistical Ages • Statistical Ages • Statistical Ages • Statistical Ages • Statistical Ages • Statistical Ages • Statistical Ages • Statistical Ages • Statistical Ages • Statistical Ages • Statistical Ages • Statistical Ages • Statistical Ages • Statistical Ages • Statistical Ages • Statistical Ages • Statistical Ages • Statistical Ages • Statistical Ages • Statistical Ages • Statistical Ages	<u>https://stayingsafe.net/</u>
Youth Arts & Health Trust	Printable Resource	Basic saftey plan including distraction ideas and crisis numbers.	Data for an And an operation of the structure data and an operation of the structure data and and and and and and and and and an	<u>https://www.</u> youthartsandhealth. org/

Risk Support					
Organisation	How to use	Description	Image	Link	
Beyond Blue	Арр	Designed to be part of an overall mental wellbeing strategy.	Select a step Select a step Step 1 Workman kinn (* Step 2 Working kinn (* Step 2 Working kinn (* Step 4 Working kinn (* Step 5 Working kinn (* Step 6 Working kinn (*	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.	Every finations My Safety Plan Image matrix laborations and the intervention of the interventin of the int	https://www.every- life-matters.org.uk/ safety-planning/	

Get Self Help	Printable resource	Saftey plan focused on reducing pain, and increasing coping strategies.		<u>https://www.</u> <u>getselfhelp.co.uk/</u> <u>suicidal-thoughts-a-</u> <u>guide/</u>
No More Suicide	Printable resource	Safety plan with emphasis on making connections with people who can support you.	Ny Suray Paral	https://no-more.co.uk/ safety-plan/
Papyrus	Printable resource	Safety plan focused on staying safe right now. Suitable for teens.	<section-header></section-header>	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.	Tables care of me. Ms Safety Plan Ministration of	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.	Pice * C © * 0 + 0 + 2 • Find Hedp How Q. Barch How Statement Deal transmission singers a methods. Statement Heap of a methods. • Highert sequent • Highert sequent singers a methods. • Highert sequent singers a methods. • Highert sequent singers a methods. • Highert sequent singers at methods. • Highert sequences any singer area	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.	State State Margine State State State State Margine State ************************************	https://stayingsafe.net/

Youth Arts & Health Trust	Printable Resource	Basic saftey plan including distraction ideas and crisis numbers.	Data Par Para barra da materia da mante na mara da mara mante a mara da mara da mara da mara da mara Para Barra da Mara Para Barra da Mara Para Barra da Mara Para Barra da Mara Para 	<u>https://www.</u> <u>youthartsandhealth.</u> <u>org/</u>
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