

# Self-help & safety plan



## Get Support

*It can be very challenging to experience suicidal thoughts and feelings, but there are some simple things you can do to help yourself manage and stay safe.*

### Talk to someone you trust

This can be a difficult and scary thing to do but talking with someone about how you are feeling can make a big difference. This could be a trusted friend or family member, a mental health professional, or a helpline.

### Know what support options are available to you

Although it can feel like there is no way out or nothing that can help – there are different types of support available to help you cope with the problems that may be causing you to feel suicidal.

#### Call a counselling helpline

Calling a helpline can be a good way to find information or support when you need it. There are helplines in different languages across different times of the day, and provide a confidential service.

*I'm here to listen, take your time, I'll help you through this*



For example:

iCall (+91 9152987821), a free professional counseling service available over telephone, email and chat (icall@tiss.edu) from Monday–Saturday, between 8AM–10PM.

You can visit our Instagram page @itsoktotalk for more options for helplines to contact.



Visit a mental health professional

Visiting a counsellor, psychiatrist or doctor is a good starting point to figure out what kind of support might be most helpful to you. Counselling can help you understand why you may be experiencing suicidal feelings and think about ways to help yourself cope with and resolve these feelings. A psychiatrist or doctor may prescribe medication to help you cope with your symptoms or to treat a mental health problem which may be causing your suicidal feelings.

Reach out to a support group online or in your area

Talking to other people who have had similar experiences can also be a helpful way to share your thoughts, feelings and tips for coping. Support groups may be face-to-face or even online or on the phone.

## Remind yourself that you can get through this

When our mood and thoughts are very dark, it can feel like these feelings will last forever. But we know that even for those with serious mental health difficulties, periods of intense difficult thoughts and feelings are temporary. Keep reminding yourself and repeating to yourself that you can get through these feelings. This reminder can help you regain hope and focus on getting through it. Remember to tell yourself this kindly, just as if you were talking to a close friend.



## Look after yourself

**Look after your physical health:** Try to be more active (eg., exercise can help to lift your mood), get good sleep, eat well, and avoid alcohol and drugs.

**Do things that are important to you:** Plan daily activities that are meaningful to you: these could be things you need to do, things that give you a sense of connection with other people or things that give you pleasure.

**Practice relaxation:** Taking some time out each day to relax by practicing deep breathing, doing some simple stretches, listening to music, or following a relaxation exercise or guided meditation online.

**Nourish your relationships:** Look for opportunities you have to spend time with the people (and animals!) around you – having a cup of chai with your family, going to the park and watching the birds, or writing a message to an old friend – can all help to feel more connected.



## Make a personal “Safety Plan”

It can be useful to make a Safety Plan to support yourself at times when you are thinking about suicide. This is personal to you, your own step-by-step guide for what to do in a crisis.

You can use the template below or create your own. Try to make a plan when you can think clearly about what you find helpful. You might want to prepare the plan with a friend, family member or therapist and can give them a copy to keep too if you would find that helpful.

*Free Mental Health Counselling Service : iCall +91 9152987821*

*Monday to Saturday : 8AM - 10PM*

# Safety Plan



## **My warning signs**

*What thoughts, images, feelings or behaviours might be warning signs that my mood is getting worse?*

## **People I can call**

*Names and numbers of friends, family or services I can call*

## **My coping options**

*What have I done in the past that has helped me to feel better or cope with difficult thoughts and feelings?*

## **Places I can go**

*Safe places I can go if I do not feel able to keep myself safe at home*

## **Message to myself**

*Write a message to give yourself some hope, reassurance or encouragement when you are struggling*