

# Safety Planning projects

## Suicide Safer Primary Care

- Local context
- Our team
- Why do people die by suicide?
- How do we explore risk?
- How do we reduce risk?
  - Safety planning

## Suicide Safer Community

**Mental Health Safety Plans**  
 Last updated: 29/06/2020 Print page Email page Subscribe

**24/7 NHS mental health response line for support and advice**  
 Call us free on **0800 038 5300**, any time day or night if you are worried about your own or someone else's mental health. The team behind our 24/7 open access telephone response line will listen to you and determine how best to help.

**Mental Health Safety Plans**  
 A Mental Health Safety Plan is a written plan for your own or someone else's mental wellbeing. It may be overhauled, it may be certain.

By having a safety plan, you are safer. These can help you safety plan as your 'ment a crisis'.

**Download your safety plan**

- Mental Health Safe
- Mental Health Safe
- Mental Health Safe
- Mental Health Safe

**My mental health safety plan**

My name:

My reasons for living/hope are: For example, people, pets, hobbies, special interests, hopes and beliefs.

## Why did we take action?



Increase GP's knowledge of suicide risk

Improve safety planning & signposting to support



Increase safety planning in community

Support people who do not engage with services

## What did we do?

**Suicide & postvention training**



**GP delivered 90 minute session**

**Website; safety plan resources**



**Safety planning training**

2018-  
March  
2020

## What has the impact been?

Feb-  
May  
2020



**200+ primary care & community staff trained**



**12 sessions in 25 practices**



**1000+ website views; 1500+ safety plan downloads**



**150+ people trained**