

# SERVICE USER PERSONAL SAFETY PLAN

(ATTACHING TO AND FORMING PART OF CARE PLAN)

**Name:** SABRINA

**Date:** 20 / 3 / 2007

**Date of Birth:** 1 / 1 / 1975

**Patient No:** XXXX

**When I am WELL, the following helps me to remain stable:**

My two children  
Cutting my arms and thighs to relieve mental distress  
Talking with my two community workers  
Sometimes going to the drop-in centre for an hour

**When I am UNWELL:**

➔ **The following makes me feel SAFE:**

Increased contact with my community team workers  
Being able to talk about my suicidal feelings and plans

➔ **The following makes me feel UNSAFE:**

My husband shouting at me, and threatening to put me in hospital  
Increasing thoughts about my father

➔ **The following things need to be taken care of in my personal life:**

My children  
People listening to what I want

➔ **I want the following people to be informed:**

Nobody outside of the workers I trust

➔ **I DO NOT want the following people to be informed:**

My father and sister – I want absolutely no contact with them  
I wish he was dead like my mother

**The following are my usual early warning signs of relapse:**

The cutting has less of an effect on my distressing thoughts  
I start thinking how the kids will cope after I am gone  
I think about plans to kill myself

**This is my plan of action if early warning signs show:**

To tell my community team workers

**The following are my usual trigger factors of relapse (danger situations, people, places, times of the year, etc.):**

Thinking that I might have contact with my father, and he wants to baby-sit my kids. Other than this I do not know why I become more distressed at times

**This is my plan of how to avoid the above danger situations:**

Avoid all contact with my father

In future if he phones I will tell the community team immediately, or go to the drop-in straight away

**This is my plan of how to manage the above danger situations if I can't avoid them:**

I must avoid my father and sister, there has to be a way of putting the phone down or not opening the door if it is them

I will call the Police if he tries knocking at my door

**The following are the staff I prefer to work with me when I am UNWELL:**

Community Team workers

G.P. and counsellor at the surgery

One or two particular people in the Crisis Team

**The following are my preferred interventions, treatment approaches, medication, etc. when I am UNWELL:**

More contact to talk... people just being there and listening to my distress... I know there isn't any easy answer

**The following interventions, etc. should be AVOIDED when I am UNWELL:**

Staff panic then section me into the psychiatric ward

**Signature:** Sabrina