

# **Cheyenne's Updated Safety Plan**

**10/2022, neurodiverse (autism) 22-year-old from the UK**

## **My Warning Signs**

- I have active thoughts about suicide & killing myself
- I feel trapped & that there is no escaping the pain I'm in
- I feel disconnected from myself & the world around me

## **My Reasons for Living**

- Accepting myself
- Healing
- Recovery
- Surviving

## **My Coping Strategies**

- Blow bubbles
- Listen to music
- Pop bubble wrap
- Squeeze ice
- Take a hot shower
- Wrap up in a blanket
- Watch TV

## **My Support Network**

- Anne Moss Rogers from the emotionally naked blog
- Charlotte Medical Practice: 01387 267626 (Mon-Fri 8am-6pm)
- Samaritans: 116 123

## **My Environment Safety**

- Locking up or removing items I may use to harm myself (medications, ligatures, etc.)
- Removing myself from areas I am not safe (near bridges or water)
- Avoiding things that make me feel unstable (blades, knives, razors, etc.)