

Parachute Plan

Who could I call or talk to?

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Which services or organisations could I contact?

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What could I do to distract myself?

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Which positive saying, quote or lyric could I use to help me?

Parachute Plan

A parachute exists to keep people safe. Unless you're a skydiver, it's something that most people hope they will never have to use. It's there in case something goes really wrong, and it enables the wearer to quickly get themselves out of a dangerous situation into a place of safety.

A parachute plan works in much the same way. We hope that you'll never need to use your parachute plan, either. It's a really good idea to be prepared though, to know what you would do if you felt so low that you needed some help to keep yourself safe and find the support that you need.

You might feel like you don't need a parachute plan right now, and that's really good news. Sadly though, all of us face really tough situations in life and we often don't get much warning.

Have a think about what you would do if you were really struggling. Once you've filled in your parachute plan, put it somewhere safe so that you will know where to find it when you need it. If you have a close friend or family member who supports you, you may choose to share it with them too.

Remember that every one of us struggles at times, and there is absolutely no shame in reaching out if you need support. We've included some useful contacts below, just in case you ever need them.

Mind (mental health support including helplines) - [mind.org.uk](https://www.mind.org.uk)

Papyrus UK (suicide prevention) - [papyrus-uk.org](https://www.papyrus-uk.org)
Papyrus UK Hopeline - 0800 068 41 41

SelfharmUK - [selfharm.co.uk](https://www.selfharm.co.uk)