

HELP US CREATE BETTER SAFETY PLANS



UNIVERSITY OF
LIMERICK
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WE'RE LOOKING FOR PEOPLE WITH LIVED EXPERIENCE TO HELP US CO-PRODUCE PRACTICAL, MEANINGFUL SAFETY PLANNING RESOURCES. THIS IS PART OF A RESEARCH STUDY EXPLORING WHAT REALLY WORKS IN MOMENTS OF CRISIS.

WHAT IS A SAFETY PLAN?



A safety plan is a simple, step-by-step guide that helps someone cope during a crisis. It includes ways to manage feelings, who to contact for support, and how to stay safe.

WHO CAN TAKE PART?

Young people aged 15-25 who have experienced emotional dysregulation or crisis

OR

Mental health professionals who have experience developing safety plans with young people

OR

Friends and family members who have supported young people during an emotional crisis

WHAT IS INVOLVED?

- Completing a short survey on your experience with safety planning
- If you like, you can opt to participate in an individual interview or a focus group to co-produce safety planning resources



Scan this QR code to complete the survey or to find out more information about the study

If you have any questions about this study, you can contact Ruth Melia, principal investigator: ruth.melia@ul.ie