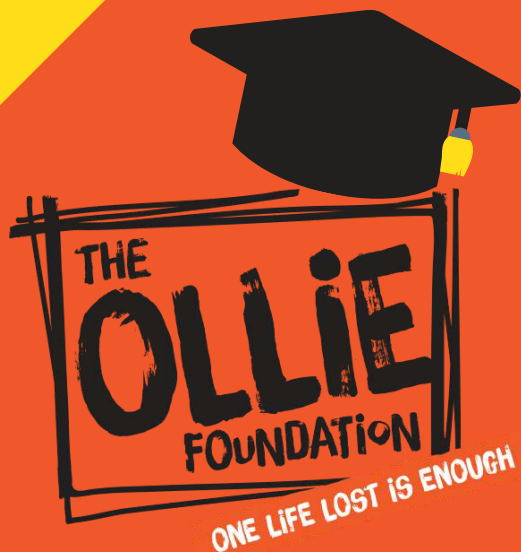


# SAFER PRESCRIBING IN UNIVERSITY

A comprehensive programme of training and resources, to support university communities to keep students safer from suicide when they are prescribed antidepressants. Aimed at:

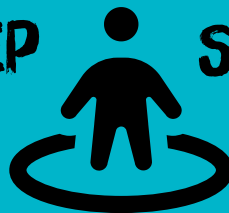
- Students
- Staff
- Well-being teams
- Pharmacists
- Clinicians



**The OLLIE Foundation** is a suicide prevention charity, set up in 2016 by three parents who had each lost a son to suicide.

For enquiries email [contactus@theolliefoundation.org](mailto:contactus@theolliefoundation.org)  
To **follow us** @theolliefoundation

# PLANNING TO KEEP SAFE



[name]'s Safe Plan

[today's] Date

## 1 Today, I have been advised that ...

- the medication being prescribed to me is the most appropriate, based on what I have told my doctor, and
- it is important to **tell my friends and/ or family.**

## 2 I have been warned that ...

this medication is an SSRI antidepressant that carries a black box warning. This means that I **might feel a little worse** before I feel better and, although unlikely, side-effects can include suicidal thoughts.

## 3 If I feel worse ...

I will **tell someone.**

The people that I will contact are:

- .....
- .....
- .....

## 4 If I cannot reach my contacts, I can:

**CALL** the Samaritans 24 hours a day on **116123**

**TEXT** the word shout - to 852258

**ASK** my university well-being team for help

