**Managing your own Risk of Harm to Self**

Berkshire Healthcare Foundation Trust (BHFT) follows the Joiner’s Interpersonal Theory of Suicide (2005) to reflect on how likely someone is to end their life (or hurt themselves).

When assessing your risk and working with you to help you manage your own risks better, professionals are likely to be helping to work on the following three things: developing a sense of belonging, developing emotional regulation skills and developing a sense of purpose.

Making new friends, feeling less alone, feeling like you are part of a group of people

Re-engaging or staying in touch with people who matter to you and make you feel like you belong

Strength focused goal planning: what makes me feel like I belong and I am worth while?

Learning to manage the urges: what can I do to stop acting on my urge?

**Key:**

*Sense of belonging*: How connected you feel to others, whether this is people in your life, your community or generally to people (in the big wide world!).

*Emotional Regulation Skills:* Skills you can use to help yourself when you feel extreme emotions (e.g. anger, sadness). Our urges often come from heightened emotions, so learning how to decrease the intensity of what we feel can help to manage our own risk.

*Sense of purpose:* It is important for us to feel like we have a sense of purpose – i.e. we feel we are there for a reason. Often, people who lack a sense of purpose feel like a burden, so if you feel that way, it is really helpful to think about what can make you feel worth while.