



# My safety plan

## If I need to talk to someone

**For urgent help, call 999 or 111.**

**Are there any other emergency contacts I could use?**

### I can talk to...

It can be someone you trust or a useful contact, like an online service.

How could you tell them you're feeling unsafe? You could use emojis, code words, or simple images or phrases you've agreed.

## My warning signs (triggers)

### It's harder for me to stay safe when...

What makes it harder for you to stay safe? It could be places, things, people or experiences.

### I think...

What thoughts do you notice when you're feeling unsafe?

### I feel...

What emotions and physical feelings do you notice when you feel unsafe? Try using words like **angry**, **shaky** or **tense**.

### I do...

What do you start doing when you feel unsafe? Other people might be able to notice these things too.

## How can I help myself?

### **How can I make the space around me feel safer?**

Like being around other people, being alone or going somewhere else. Or it might be about removing things that could make you feel less safe or cause harm.

### **What other things can I try to stay safe or look after my wellbeing?**

Like self-care, listening to music, or saying kind words or affirmations to yourself. Try small, manageable goals to start with.

## Why do I want to stay safe?

Make a list of all the reasons you want to stay safe. It could be any reason, nothing is too big or too small.

Try thinking about your favourite things, people you love or something you're looking forward to, like a new experience.