



Our safety plan

It might help to write this plan together and include information for both of you.

For urgent help, call 999 or 111.

Young person:

Trusted adult:

You might need to support me to stay safe if...

What warning signs might other people see?

Like changes in your mood or what you're doing.

How can you talk about it together?

Like choosing an emoji or a code word.

It helps me if you...

What can they do to help you?

Like reminding you about what's on your own safety plan.

What helps to calm you down?

What tips could you use that help?

It won't help me if you...

What would you rather they didn't do?

It's helpful to agree this list together – it might be something you wouldn't normally want, but they need to do to keep you safe.