

Safety Plan

Fill in the plan and keep a copy on your phone or printed out if you feel like leaving. Make sure you keep it safe, and only share it with people you trust.

I feel safest when I am:

When out in the community – these are things to keep me safe:

- 1.
- 2.

My safe places if I needed to go somewhere:

What are my warning signs before I feel out of control?

- 1.

People who make me feel/keep me safe:

Who can I talk to if I feel like leaving home/school:

My trusted adult at home:

My trusted adult at school:

My safe coping strategies that help me are:

Two services I could use to help and support me:

- | | |
|-------------------|--------------------------|
| 1. Name: SafeCall | Contact details: 116 000 |
| 2. Name: | Details: |