

MY SAFETY PLAN



REASONS TO STAY SAFE TODAY

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SIGNS THAT I AM STRUGGLING

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COPING STRATEGIES

Distraction, comfort, expression, release

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SAFE ENVIRONMENT

Things to avoid or remove

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PEOPLE TO TALK TO

Friends or family

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MY PROFESSIONAL CONTACTS

- GP Practice number:
- NHS 111 option 2
- Mental health team number:
- Other:



24/7 HELPLINES

- West Essex Single Point of Access (SPA) **0800 953 0222**
- Samaritan **116 123**
- Childline **0800 1111**
- Papyrus Hopeline **0800 068 4141**
- Shout texting service: **85258** www.giveusashout.org 24/7

If you are at immediate risk or have caused significant harm to yourself call 999 or go to A&E