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| **Brief Contact Safety Flashcard** | |
| **My Top Ten Safety Tips** | |
| My calm down tips (things I can do so I can think more clearly if overwhelmed) | |
| 1. | |
| 2. | |
|  | |
| Actions I need to do to keep environment safe  (is there anything in my environment that makes me vulnerable to harm) | |
| 3. | |
|  | |
| Actions others can do to help me keep my environment safe | |
| 4. | |
|  | |
| Triggers and situations that cause problems or worry and my solutions to try  (Planning ahead for how I will cope) | |
| Problem | Solution |
| 5. |  |
| 6. |  |
| 7. |  |
|  |  |
| My reason for living statement(s)  (There are always reasons, even if it is to give help a chance) | |
| 8. | |
|  | |
| My Favourite hopeful item / resource | |
| 9. | |
|  | |
| My contact if I’m stuck | |
| 10. | |

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