

# Personal safety plan

**What can I do and what do I need to stay safe?**

**This personal safety plan belongs to:**

**If I feel I can't keep myself safe from self harm or suicide:**

**I will worked towards calming myself by:**

**I will go to my safe place which is:**

# Personal safety plan (continued)

**What can I do and what do I need to stay safe?**

**My personal ideas for keeping safe are:**

**I will ensure I talk to:**

**I will seek help from:**

**This personal safety plan has been written by (name):**

**On (date):**