

Living Well – My Safety Plan

What things might result in me not feeling well or safe?

How would I know if I wasn't safe? How would others know?

Things I can do to prevent feeling unsafe?

What lifts my mood or makes me feel calm?

What has worked in the past?

What can my friends and family (supporters) say and do? And not do?

What can my care team say and do? And not do?

Is there any other way to make me / others feel safer?

What will help me get through right now?

How can I make the situation safer?

People who can support me:

Who	Contact Number	What they can say and do

What I will do in a crisis: