

SAFETY PLAN

**How my mood and thoughts
impact me**

Blank space for writing about how mood and thoughts impact me.

My triggers

Blank space for writing about personal triggers.

**What makes me
happy**

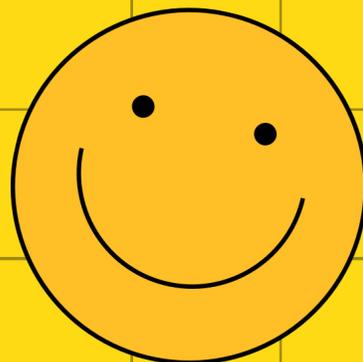
Blank space for writing about what makes the user happy.

**What I'm looking
forward to**

Blank space for writing about what the user is looking forward to.

MY WARNING

SIGNS



Green

When I'm having a good day, you will see me:

Amber

If I am feeling..... my early warning signs might include:

Red

When I lose control of my feelings, you may see me:

Ways I can manage

I can feel better by:

Five empty rounded rectangular boxes for writing, arranged vertically.

I can talk to:

Three empty rounded rectangular boxes for writing, arranged vertically.



Helplines & Services available

Kooth <https://www.kooth.com/>

YoungMinds Crisis Messenger
85258

Samaritans
www.samaritans.org

Childline
www.childline.org.uk

The Mix
www.themix.org.uk

HopeLineUK 0800 068 41
41 or Text 07786209697

GMMH 24/7 0800 953 0285