

Pocket safety plan cards

Complete • cut out • keep close • share a copy

Complete the cards from your full safety plan. Keep one in a wallet, bag, phone case or another place you can reach quickly. A trusted person may keep a copy too.

MY SAFETY PLAN

I will get through the next 10 minutes by:

I will contact: _____

My safer place: _____

Urgent: NHS 111 | Samaritans 116 123

Text SHOUT to 85258

Immediate danger: 999 / A&E

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