

One safety plan

Warning Signs

1. Scared face
2. Clenched fists
3. Zoned out

Coping Strategie - things we can do to step away from the feelings

1. Try a breathing exercise
2. Hug a stuffed animal
3. Talk to an adult

People and places which are 'safe spaces'

1. Mum
2. Best friend helps cheer them up
3. Teacher at school if feeling upset at school

Professionals/services to contact during a crisis

Clinician/Service's name: GP

Phone:

Address:

2. Clinical/Services' name: School nurse

Phone:

Address:

3. Samaritans: 116 123

4. Childline: 0800 1111

5. Other:

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