MY SAFETY PLAN

We suggest this safety plan should be revisited on a monthly basis or more regularly if required. Schools can complete this with child or young person, their parent/carer and the School Nursing service may be able to support if required.

Who can I seek out as a trusted person when I need support?

Where is a safe space that I can access when I need to? When can I access this?

What should I do if I am not feeling ok in a lesson / during the day?

Who else could I seek out if I am not feeling okay?

We can use the following resources for support...

My sibling / close friends can seek out this staff member for support

My friends are aware / not aware of what is going on for me. I would / would not like support with telling them.

Other support I may require

What have I achieved / accomplished since my safety plan was last reviewed?

If the CYP has expressed helplessness or suicidal thoughts visit: https://stayingSAFE.net/what_is_a_safety_plan and share concerns with parent/carer and health professionals involved (4 Mental Health 2020).