**Safety Plan**

# Know When to Get Help

Understanding Triggers (What emotions/sensations/behaviours happen before a problem may arise?)

# Use Coping Skills

What can you do, by yourself, to support the problem? What obstacles might there be to using these coping skills?

**Short Term Goals**

**Medium Term Goals**

**Long Term Goals**

# Reach Out to Social Support

If you are struggling to handle your problem alone, contact trusted family members or friends.

**Name**

**Contact Info**

# Seek Help from Professionals

If your problem persists, or if you have suicidal thoughts, reach out for professional support.

Provided by

**Lunar Mind Ltd**

**Local emergency number:**

**My mental health provider:**

**Talk to crisis support charities:**

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