

Mental Well-being Safety Plan

1. Warning Signs

Write down thoughts, feelings, or behaviours that signal you might be struggling:

- _____
- _____

2. Coping Strategies

List things you can do on your own to feel better:

- _____
- _____

3. Safe Spaces & Distractions

Places or activities that help you feel safe and calm:

- _____
- _____

4. Support Network

People you can reach out to:

- Family member: _____
- Friend: _____
- Trusted adult or mentor: _____

5. Professional Help

Contacts for urgent or ongoing support:

- GP or mental health professional: _____
- Local crisis helpline: _____
- National helpline: _____

6. Emergency Plan

If you feel unsafe or in crisis:

- Call 999 (UK) or your local emergency number
- Go to A&E or nearest safe place

Tip: Keep this plan somewhere easy to access and share it with someone you trust.