

My Safety Plan

I AM
REALLY NOT
OKAY

Sometimes you've got to read between the lines.

My Triggers / Warning Signs

What are the things that make you feel down or anxious?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

Coping Strategies – What I Can Do To Take My Mind Off It

Make a note of different things you could do to help take your mind off how you are feeling?

[illegible]

Who Or What Is Good In My Life

Make a note of all those things or people that make you happy. Remember to surround yourself with them when you are starting to feel down.

[illegible]

Who Can I Call When I Need To Speak To Someone?

Make a note of the contact details of someone who I trust to get help from.

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Who Can I Call When I Need To Speak To Someone?

Make a note of the contact details of agencies I can get help from.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

What Makes Life Worth Living?

Write down all the things that make your life worth living, such as the people who need you around and the things you enjoy doing.

[illegible]

For further details please go to
www.norfolk.gov.uk/iamokay