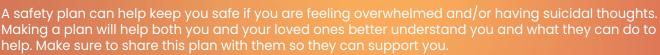
## MY SAFETY PLAN





## Warning signs that tell me I'm starting to get overwhelmed:







e.g. tight chest, racing heart



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## Safer surroundings

Some of the things I can do to help make my environment safer:

## **Getting support**

How I can tell someone I need help:

The person I will contact for help is:

**Contact Number:**