

Safety Plan template (editable template)

This plan can help me to stay healthy, connected and safe.

Name:

Date:

Review date:

School support people:

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1. My warning signs




2. Activities that help me feel safe and calm



3. People and places that can distract me



4. How I can make my space safer



5. Family and friends I can talk to for support



6. Safe people and places at school



7. Professionals I can contact for help



8. Agencies I can contact for help

eheadspace
1800 650 890 eheadspace.org.au

Kids Helpline
1800 55 1800 kidshelpline.com.au

Lifeline
13 11 14 lifeline.org.au

Emergency 000

Local crisis services:



9. People I will let know about my safety needs/plan



10. The things that keep me going



11. Next steps for more support

