

# Safety Plan template

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

Name: .....

Date: .....

Review date: .....

School support people: .....

.....

## 1. My warning signs

For example:

- isolating in room
- getting cranky with others
- not wanting to talk
- too much screen time
- not getting enough sleep



## 2. Activities that help me feel safe and calm

For example:

- a warm shower or bath
- doing some exercise/getting outside
- playing with pets
- talking to friends
- listening to music/doing some art/journaling



## 3. People and places that can distract me

For example:

- being with friends at school
- playing team sports
- going to the shops with family/friends
- visiting extended family



## 4. How I can make my space safer

For example:

- removing sharp things from reach (scissors, knives, pencil sharpeners, etc)
- avoiding drugs and alcohol
- [for drivers] keeping car keys with parents/ out of reach



## 5. Family and friends I can talk to for support

For example:

- parents/carers/other trusted adult
- sibling
- friends



## 6. Safe people and places at school

For example:

- library
- first aid room/attendant
- year level coordinator/house leader
- wellbeing team member



## 7. Professionals I can contact for help

For example:

- wellbeing team member
- private psychologist
- GP



## 8. Agencies I can contact for help

### **eheadspace**

1800 650 890 [eheadspace.org.au](http://eheadspace.org.au)

### **Kids Helpline**

1800 55 1800 [kidshelpline.com.au](http://kidshelpline.com.au)

### **Lifeline**

13 11 14 [lifeline.org.au](http://lifeline.org.au)

### **Emergency 000**

### **Local crisis services:**



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

- parents/carers
- grandparents
- counsellor/therapist, teacher and wellbeing
- internal school supports (e.g. teacher, Year Level Coordinator, first aid, member of wellbeing team)



## 10. The things that keep me going

For example:

- wanting to go on that holiday, wanting to achieve a particular career, wanting to be a parent one day, not wanting to hurt loved ones, etc.



## 11. Next steps for more support

If my school support people become worried about me, we have agreed they will contact the following people:

- parents/carers
- emergency contacts
- GP
- psychologist

