

My Stay Safe Plan

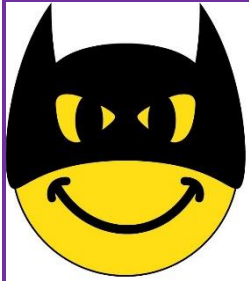


What makes me feel bad and what does
this feel like?



How can I keep myself safe right now:





What helps me to feel good:

** If I can't stay safe I will tell:*

** If I need help I can ring:*

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** Hopes and dreams and things I love:*

Right now: _____

In the future: _____

