

My Safety and Support Plan

This page can help you think about what keeps you safe and who can support you when things feel difficult.

 Pebble

Brighter minds
kinder tomorrows 

You are
stronger
than you
might think 



Signs I need support

- ☐ Feeling low
- ☐ Feeling overwhelmed
- ☐ Shutting down
- ☐ Using more
- ☐ Arguments
- ☐ Not sleeping
- ☐ Panic
- ☐ Skipping school/college
- ☐ Risky plans
- ☐ Other: _____

People I can contact

Write down up to three people you can reach out to when you need support.

1

Name: _____

Relationship: _____

2

Name: _____

Relationship: _____

3

Name: _____

Relationship: _____

Places that feel safer

- ☐ Home
- ☐ A family member's home
- ☐ A friend's home
- ☐ School or college
- ☐ Youth service
- ☐ Community place
- ☐ Other: _____

What I want adults to do

- ☐ Listen first
- ☐ Stay calm
- ☐ Help me leave (if needed)
- ☐ Check in with me
- ☐ Help me make a plan
- ☐ Help me get medical help (if needed)
- ☐ Help me contact someone
- ☐ Other: _____

My first steps plan

What can you do to look after yourself when things start to feel difficult?

1 Step 1: _____

2 Step 2: _____

3 Step 3: _____

If things get urgent

If you are not safe or things feel urgent, write down who to contact and what to do next.

Who to contact: _____

What to do next: _____

Anything else that would help keep me safe?

You do not
have to figure
everything out
on your own. 

.....  Small steps
brighter tomorrows 



Support Details

My Safety and Support Plan

Use this page after the worksheet to agree support, next steps and any immediate safety action.

● Immediate safety

If there is immediate danger, call 999 or 112 now. Move to a safer place if you can.

● Childline

Free support for children and young people: 0800 1111. Online chat and messages are also available.

● Samaritans and text support

Call Samaritans free on 116 123. If you would rather text, text SHOUT to 85258.

● Safety planning support

Use this with someone safe. Agree who to contact, where to go, and what to do if things feel urgent.

● For practitioners

Do not promise secrecy. Explain confidentiality calmly. Follow safeguarding procedures where needed.

● Before ending the session

Check how the young person feels, who they can speak to later, and whether safety action is needed.

● Local / trusted support

Write names or services here:

1. _____
2. _____

● Sources checked

Checked September 2026: Childline, Samaritans, Shout and Talk to FRANK where relevant.

Reminder

This page supports conversation. It does not replace local safeguarding advice, supervision or emergency help.